#censusselfie

The census gets its groove back

metroNEWS

NEW TECHNOLOGY PROGRAM!

Offering a Systems Technical Support Analyst program. Ask about our technology scholarship.

HERZING COLLEGE

204.775.8175 · herzing.ca/winnipeg

Winnipeg metro

metroLIFE

Your essential daily news | WEDNESDAY, MAY 4, 2016

High 22°C /Low 13°C Mostly sunny

THE CANADIAN PRESS

'My whole life is burning away'

Fires near Alberta's oil sands force thousands to flee

metroNEWS

Leaner cabinet takes its place

MANITOBA GOVERNMENT

Criticism as minorities, north missing at table

Progressive Conservative Brian Pallister was sworn in as Manitoba premier Tuesday and fulfilled an election promise to appoint a smaller cabinet.

The new premier appointed eight men and four women — a mixture of veterans and rookies — to his inner circle. He pledged to work hard after the April 19 election that saw the Tories oust a NDP government that had been in power for 17 years.

"The responsibility we assume today is to leave Manitoba an even better place than we found it," Pallister said at the swearing-in ceremony at the Canadian Museum For Human Rights.

"Our goal is to replace doubt with optimism, disharmony with unity and fear with hope."

Pallister's cabinet has six fewer ministers than that of former premier Greg Selinger. Some ministerial titles have been discarded or merged with others.

The Opposition NDP and the Liberals both said the loss of separate departments for labour, aboriginal affairs and other matters is worrisome.

"Things which I believe are important to Manitobans may not be given the same priority," New Democrat legislature member Andrew Swan said.

Pallister also faced criticism over the cabinet's mix. While one-third are women, none are visible minorities, said Manitoba Liberal Leader Rana Bokhari, and there is no representation from northern Manitoba.

Manitoba premiers have traditionally tried to have one minister from Brandon, but neither Reg Helwer, first elected in 2011, nor newcomer Len Isleifson received a post.

Steven Fletcher, a former member of Parliament for the federal Conservatives, was also among the 27 Tories left out of cabinet.

THE CANADIAN PRESS, WITH FILES FROM METRO

See the full list and their new titles, page 5

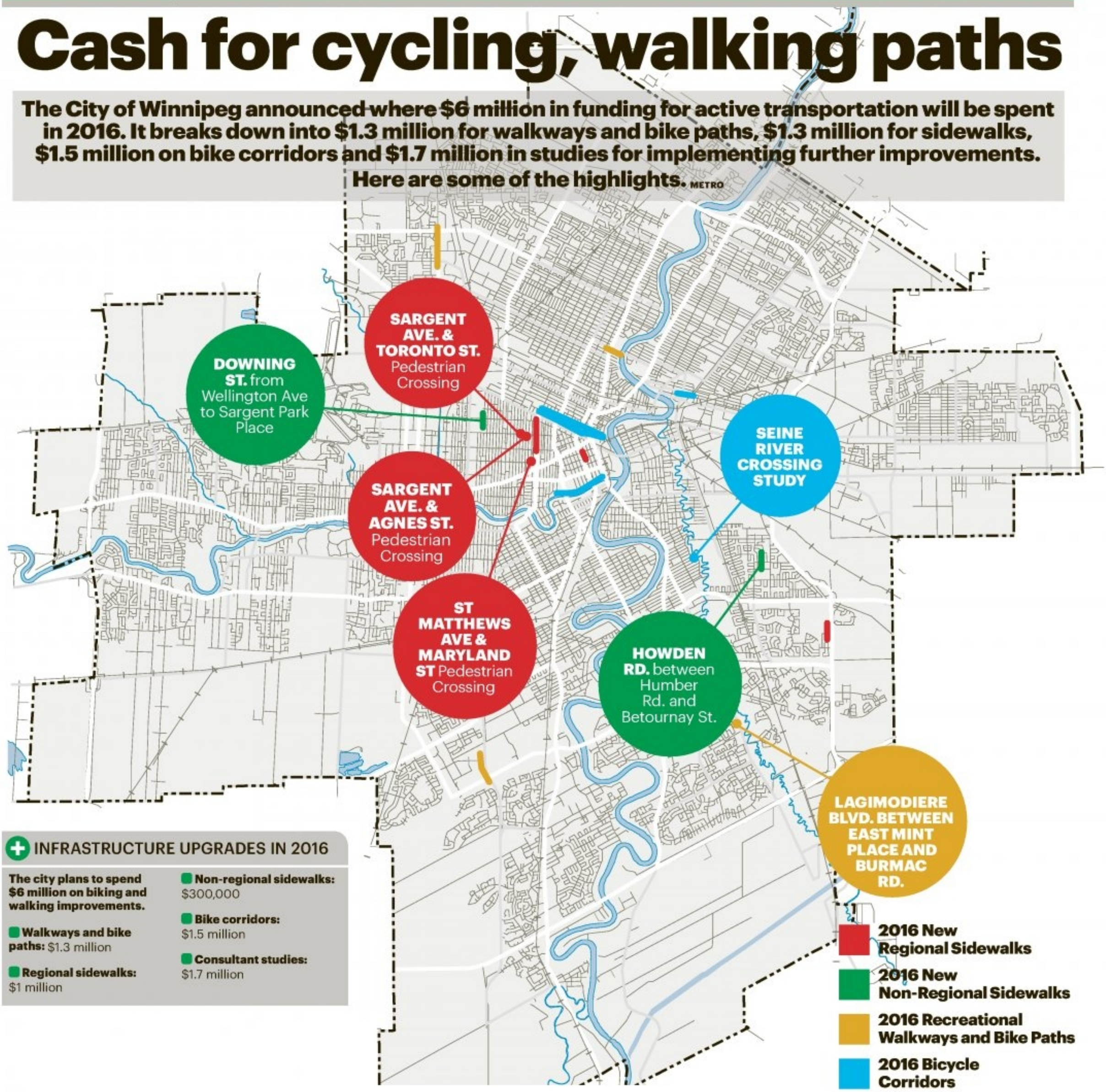
metro NEWS

Your essential daily news

'Messi boy' viral story takes sad turn as his family flees Afghanistan. **World**

Cash for cycling, walking paths

The City of Winnipeg announced where $6 million in funding for active transportation will be spent in 2016. It breaks down into $1.3 million for walkways and bike paths, $1.3 million for sidewalks, $1.5 million on bike corridors and $1.7 million in studies for implementing further improvements. Here are some of the highlights. METRO


SARGENT AVE. & TORONTO ST. Pedestrian Crossing
DOWNING ST. from Wellington Ave to Sargent Park Place
SARGENT AVE. & AGNES ST. Pedestrian Crossing
SEINE RIVER CROSSING STUDY
ST MATTHEWS AVE & MARYLAND ST Pedestrian Crossing
HOWDEN RD. between Humber Rd. and Betournay St.
LAGIMODIERE BLVD. BETWEEN EAST MINT PLACE AND BURMAC RD.
2016 New Regional Sidewalks
2016 New Non-Regional Sidewalks
2016 Recreational Walkways and Bike Paths
2016 Bicycle Corridors

INFRASTRUCTURE UPGRADES IN 2016

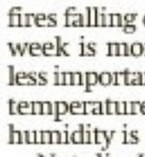
The city plans to spend $6 million on biking and walking improvements.

- **Walkways and bike paths:** $1.3 million
- **Regional sidewalks:** $1 million
- **Non-regional sidewalks:** $300,000
- **Bike corridors:** $1.5 million
- **Consultant studies:** $1.7 million

More arson to come, crews warn

CRIME

Firefighters brace for more suspicious fires this weekend



Braeden Jones
Metro | Winnipeg

After battling dozens of suspicious fires in the past two weeks, firefighters in Winnipeg are bracing for a "very tough weekend" according to their union rep.

Alex Forrest, president of the United Firefighters of Winnipeg, said fire crews responded to more than a dozen fires that were likely arson in the last week.

The Winnipeg Police Service said there were 11 arson incidents in the first three days of May, during arson awareness week — May 1 to May 7.

"And then last night we just saw it explode," said Forrest. "We responded to 12 fires and we are investigating, but almost all are (suspected) arson."

Forrest added most are still under investigation and are not confirmed as arson yet.

But that spike in suspicious fires falling on arson awareness week is more tragic irony and less important than the fact that temperatures are climbing and humidity is low.

Natalie Hasell of Environment Canada said little the precipitation in April was the bare minimum in terms of reducing fire-spread susceptibility.

Forrest said crews were "literally going for almost 12 straight hours from one fire to another" on Monday, but the high temperatures Thursday and through the weekend are looming, and intimidating.

"Everything is extremely dry, and it's only going to get dryer," Forrest said. "There's also always the possibilities of arsonists affecting wild lands… Winnipeg has green space that is vulnerable right now because it's so dangerously dry," Forrest said.

"It looks like there's going to be a perfect storm, it's one of those weekends where firefighters are bracing for whatever gets thrown at them."

Despite the uptick in suspicious fires and dry conditions, , Forrest said the fire department is ready for the weekend.

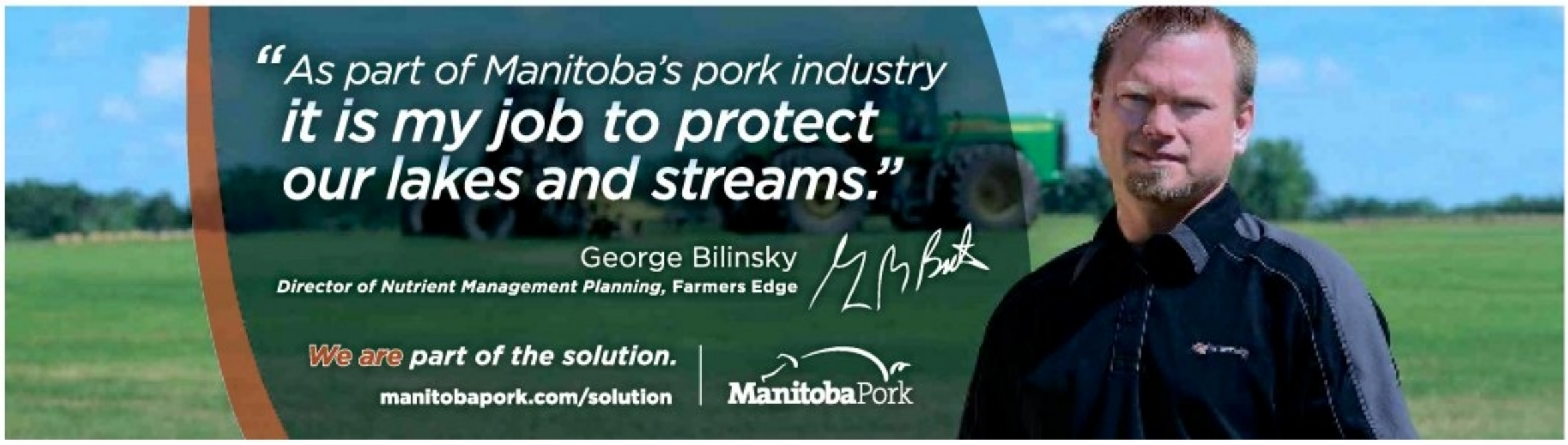
"We have sufficient resources now, we can cover it all, but if we get a weekend like we are going to get, resources are going to be stretched pretty thin," he said.

NIGHT OF FIRE

Fires from the evening of May 2, to morning May 3:
7:26 p.m. Tache Avenue: park fire in 700 block
7:28 p.m. Waterfront Drive: two brush fires near Heaton Avenue
7:35 p.m. Ness Avenue: bush fire in 2700 block
9:43 p.m. McGee Street: backyard garbage pile set on fire that spread to fence. One arrested
10:34 p.m. Redwood Avenue: garbage bin and garage fire, 600 block
10:58 p.m. Grandmont Boulevard: garbage set on fire
11:30 p.m. Furby Street: garbage set on fire, including mattress
12:09 a.m. Waterfront Drive: grass fire
3:50 a.m. McPhillps Street: car fire at College Avenue
4:23 a.m. Waterloo street: deck fire in 600 block
5:36 a.m. Wilkes Avenue: dumpster fire in 1100 block
6:38 a.m. Aberdeen Avenue: garbage bin fire in 500 block

SOURCES: ALEX FORREST, CBC MANITOBA

Firefighter union President Alex Forrest provided these images of just a sampling of arson that crews have been battling in the city. ALEX FORREST/HANDOUT


"As part of Manitoba's pork industry
it is my job to protect
our lakes and streams."
George Bilinsky
Director of Nutrient Management Planning, Farmers Edge
We are part of the solution.
manitobapork.com/solution
ManitobaPork

City could face repair surplus

CONSTRUCTION

Committee hears street and lane jobs under budget

Stephanie Taylor
Metro | Winnipeg

A city committee is cautiously optimistic its public works department will have some extra cash to spare for street repairs by the end of construction season.

Tuesday's committee on infrastructure renewal and public works heard from department head Lester Deane that many of the bid opportunities for 156 local street and back lane renewal projects have come in below the estimated budget price tags.

A report tabled at the meeting says this work is budgeted to cost $53.6 million.

So far, Deane told committee members that up to 85 per cent of tendering for this roadwork have gone out.

The city bundles its roadwork into packages, and the committee heard from Deane that 15 out of the 27 contracts are "ready to go."

"The entire program will be out and awarded by something like the third week in June," Deane said Tuesday.

He was cautious, however, when asked as to the likelihood of ending the season with a surplus.

Roadwork continues on Maryland Avenue Tuesday. BRAEDEN JONES/METRO

"We have only started putting shovels in the ground this week," Deane said, adding while some projects have come in under budget, there is a chance some will also be over.

"We really ... can't look at projected surpluses or what we perceive that may be surpluses until you're really into the part of the summer, which is really July, August.

"At that time we can sort of do a forecast to see whether there may be some additional capital funds available."

$53.6M

The budgeted cost of street and back lane renewal projects that have come in below the projected price tag.

If there is extra cash left over, Deane said it could be put towards "low cost" work that requires minimal engineering work, such as street paving.

When asked, he couldn't say how much of the city's overall $105.2-million roads budget has been earmarked to date.

Coun. Russ Wyatt, who addressed Tuesday's committee as a delegate, and committee member Devi Sharma both raised concerns why the department did not issue roadwork tenders earlier in winter.

Deane listed one reason as the late adoption of this year's capital budget, along with the need to seek committee approval.

Note: An online version of a related story posted Monday inaccurately represented the views of the Manitoba Heavy Construction Association on this matter. The author sincerely regrets the error.

> We have only started putting shovels in the ground this week.
> Lester Deane

manitoba magazines
MANITOBA MAGAZINE PUBLISHERS' ASSOCIATION
Cozy up to your favorite magazines
With a diverse range of titles and topics, finding a magazine to love has never been easier.
www.manitobamagazines.ca/subscribe
204 940 2712

PUBLIC TRANSIT

Bus system expects $75M from Liberals' infrastructure plan

Winnipeg's bus system is in line to receive upwards of $75 million in federal funding, according to the director of transit.

Dave Wardrop took questions from Tuesday's committee on infrastructure renewal and public works in regards to the Liberals' recent unveiling of their first phase of a 10-year infrastructure plan.

Federal infrastructure Minister Amarjeet Sohi penned letters to provincial leaders, outlining various infrastructure projects that would be eligible to access funds if completed by 2019.

Wardrop confirmed that provincial breakdowns indicate Manitoba will receive $82 million in transit funding, but allocation of that money will depend on ridership numbers.

"Certainly our expectation is to get the lion share of the funding available," he told Tuesday's committee.

"Most likely in excess of $75 million, depending on the final formula, quite possibly more."

He couldn't name specific projects, but said funds could be used to improve numerous areas of the city's transit infrastructure.

Winnipeg Transit's director says they are looking to receive significant funding from the federal government. METRO FILE

"Everything from bus purchases to equipment upgrades and facility upgrades to studies for additional rapid transit work or on-street improvement," Wardrop said.

"There's a whole host of opportunities."

Wardrop said the city still needs to finalize details on how funds would be made available, but says his understanding is that project criteria would be broad.

A list of recommended projects to receive funding would be brought to council for approval first, he said.

STEPHANIE TAYLOR/METRO

Brian Pallister kisses his wife Esther before being sworn in as Manitoba's premier in Winnipeg, Tuesday.

MIKE SUDOMA/THE CANADIAN PRESS

Choosing a cabinet

Manitoba's new premier Brian Pallister unveiled his cabinet on Tuesday after being sworn in at the Canadian Museum for Human Rights. Here's the list of MLAs and their new portfolios.

Heather Stefanson | Justice and attorney general, deputy premier
The MLA for Tuxedo since 2000, she has held a number of shadow cabinet positions, including finance and Crown Corporations.

Cameron Friesen | Finance
MLA for Morden-Winkler, Friesen has the unenviable job of wrestling with the provincial debt and finding a way to roll back the PST as promised.

Kelvin Goertzen | Health, seniors and active living
The former justice critic is now in charge of the health and welfare of the province's citizens.

Ian Wishart | Education and training
The Portage la Prairie MLA since 2011, takes on the education portfolio after being critic for Child and Family Services.

Scott Fielding | Families
The former city of Winnipeg councillor for St. James, Fielding is now in charge of CFS, one of the toughest portfolios.

Blaine Pedersen | Infrastructure
Infrastructure is high on voters' priority list. Pedersen will have to negotiate with Winnipeg and the surrounding municipalities for a 'new deal'.

Eileen Clarke | Indigenous and municipal relations
Speaking of the surrounding municipalities, the City of Winnipeg will be dealing with Eileen Clarke, as will Manitoba's indigenous groups.

Cathy Cox | Sustainable development
The rookie MLA nevertheless has experience as former MLA Bonnie Michelson's assistant. She's in charge of all things green.

Cliff Cullen | Growth, enterprise and trade
The MLA of Spruce Woods since 2004, this portfolio replaces the Jobs and the Economy ministry.

Ralph Eichler | Agriculture
The former critic for the municipal government and Manitoba Hydro will now tackle agriculture.

Rochelle Squires | Sport, culture and heritage, francophone affairs and status of women
It's a hodgepodge of former portfolios for Squires, as the PCs promised to reduce cabinet positions by one third.

Ron Schuler | Crown services
We're not sure if this means just means Manitoba Liquor and Lotteries and MPI, or if it includes Manitoba Hydro as well.

RED RIVER COLLEGE | SCHOOL OF CONTINUING EDUCATION

Advance Your Career

CONTINUING EDUCATION OFFERS:

- Innovative programming
- Instructors with industry experience
- Flexible delivery options (in-class, online or on-site)
- Hands-on learning and opportunities to gain practical skills
- Industry-recognized certifications

REGISTER NOW!

Download or pick up your copy of the Spring 2016 Course Schedule.

Visit **rrc.ca/coned** for more information.

THE DIFFERENCE IS HERE

204.694.1789
CDE@RRC.CA | RRC.CA/CONED

Taking gender out of parenting

IDENTITY

Families say it's about more than colours and haircuts

Meg Crane
For Metro | Winnipeg

Some Winnipeg parents say they have rejected the idea of "boy" and "girl" and instead are raising their children as gender-free as possible.

"It goes beyond apparel and presentation and haircuts and those things," said Winnipegger Siobhan Menge, mother to a four-year-old.

Menge said she encourages her daughter's traits and interests, rather than pushing her to stereotypically "girl" activities.

They even have discussions about gender and the assumptions people make about boys and girls, and Siobhan talks to her about which pronouns she'd like to use.

"As she gets older, it's interesting to see the kind of cultural messages that are being directed at her," said Menge.

> Our culture isn't going away, so we can't live in a bubble.
> Sioban Menge

Menge said she recently heard another parent at the park teasing their son for being slower than Clea because she is a girl.

Menge said she discussed the incident with Clea, talking about her own beliefs and experiences and letting Clea express her own ideas.

"Our culture isn't going away so we can't live in a bubble," said Menge.

Winnipegger Charlie Primeau agreed, adding that his family lives without concepts such as "boys will be boys" and "treating someone like a lady."

Primeau is raising their 18-month-old son gender-free by allowing him to make his own decisions about who he will be, without any pressure to act like a boy.

"I believe that treating people with expectations for behaviour and looks based on socially constructed categories can be harmful," said Primeau.

To Primeau, raising a child as a boy or a girl encourages them to be someone other than their true selves.

"I think if we remove those expectations, we can be exactly who we are," Primeau said.

Both Primeau and Menge surround themselves with others who have similar beliefs about gender and identity.

"I'm teaching him that there are all kinds of people with all kinds of names and pronouns," said Primeau.

NEUTRALITY

Some parents are trying to **raise children without gender stereotypes** like "boys will be boys" — and, in some cases, without gender-specific pronouns or names.

Siobhan Menge and her child, Clea, play near their home in WInnipeg. MEG CRANE/FOR METRO

INVESTIGATION

One boy injured, 1 left hanging on park ride

Manitoba's fire commissioner is investigating an incident involving an amusement park ride in which one 13-year-old boy was injured and another was left dangling in the air with the door to his cage open.

The boys say they were set to board the Zipper ride at the Wonder Shows carnival in a grocery store parking lot on Saturday night.

But Jevyn Philipchuck says the person operating the ride hit the start button before they were securely inside.

> **I just think they should have better restrictions and protocols if something like that does happen.**
> Jason Philipchuck, Jevyn's father

He says his friend, Quayshone Jordan-Arthur, was hit in the back of the head by an oncoming cage and knocked to the ground.

Philipchuck's cage swung up into the air, and the boy believes if he hadn't been holding onto the sides of his unit, he might have fallen six metres.

Both boys say carnival staff did not call 911 but instead drove them to hospital, where Jordan-Arthur was diagnosed with a mild concussion and received five stitches.

The boys' parents are upset about the way the incident was handled, and worry their children could have been more seriously hurt.

"I was concerned about his life to begin with, and the after-effects of the disaster of the accident," says Quayshone's father, Renato Arthur, who says he wondered if he son was going to end up paralyzed. THE CANADIAN PRESS

COURT

Man gets life sentence in killings of homeless men

A man has admitted to killing three men in a case that sent chills through Winnipeg's homeless community.

John Ostamas pleaded guilty Tuesday to second-degree murder for the deaths in April 2015.

The 40-year-old faces an automatic life sentence. A judge is to decide his parole eligibility on June 27.

Court heard Ostamas attacked Myles Monias, 37, in a downtown bus shelter and left him for dead.

Two weeks later, Donald Collins, 65, was killed in a back alley. Within a few hours, 48-year-old Stony Bushie was killed in a parkade. Police at the time warned people living on the streets to be careful.

Ostamas, originally from Thunder Bay, Ont., had also been staying at a Winnipeg homeless shelter, investigators revealed after his arrest. They said Ostamas knew both Collins and Bushie, although they weren't friends.

Ostamas has a criminal record that includes multiple assaults in the Thunder Bay area dating back to 2002, said police. They also said they were alerting other jurisdictions to see if Ostamas could be a suspect in other crimes.

Defence lawyer Greg Brodsky said his client told police that the Winnipeg killings were out of revenge, but that's not the case.

Brodsky said his client has mental health issues, but it would have been inappropriate to argue he was not criminally responsible for the murders. THE CANADIAN PRESS

The same weather that saw Edmonton rise to 30 C on Tuesday (above) is coming to Winnipeg Thursday. KEVIN TUONG/METRO EDMONTON

High temperatures blowing in to city

WEATHER

Thursday forecast to be 29 C, typical for season is 17 C

Braeden Jones
Metro | Winnipeg

It's about to get really, really hot, Winnipeg — and it's hovering near record-breaking territory.

"The daytime high Thursday is 29 C," said Environment and Climate Change Canada (ECCC) meteorologist Natalie Hasell.

The typical daytime high for this time of year is around 17 C, and the record for Thursday — set in 1926 — is 31.7 C.

"We've had records before in these temperature ranges, but we're certainly not talking about something that happens every year," Hasell said, adding the heat wave coming to Manitoba this week is similar to the "really warm conditions we've already seen in Alberta and Saskatchewan."

"We are going to see winds out of the southwest… any winds that do not have a component from the north is a warming trend for (Manitoba)," she explained.

> **We're certainly not talking about something that happens every year.**
> Natalie Hassell

The abnormal temperature is expected to leave the province as fast as it comes, and temperatures will be back around 17 C by Friday morning.

Hasell said the early hot spell presents an opportunity for Winnipeggers to practise safe sun precautions.

"Even though this isn't going to last very long, they should still take precautions, think about the habits they should be developing now that we're getting into the warm season," she said.

"Hydration, moisturizing, sun protectant, hats, sunglasses, that type of thing."

She advised people pay attention to how they are feeling and get out of the sun and tell someone if they're feeling any early warning signs for heat stroke.

Your Plasma Donation is Needed

PROMETIC
PLASMA RESOURCES INC.

(204) 275-4630
137 Innovation Drive
Located in SmartPark near the University of Manitoba Fort Garry Campus

DONATE PLASMA, SAVE LIVES

Donors will be compensated for their time associated with making a donation

Raging wildfires reach homes

Flames fills the air in Fort McMurray, Alberta. THE CANADIAN PRESS

FORT MCMURRAY

Thousands evacuated as blazes spread

Jeremy Simes
For Metro | Calgary

Homes have begun to burn in Fort McMurray, Alberta, as residents flee for safety from a blaze that's doubled in size in a day.

More than 80,000 people have now been ordered to leave Fort McMurray communities.

"My whole life is burning away," said Jenn Tremblett, who has left for Edmonton. "My home is in Gregoire (Fort McMurray neighbourhood) so it may be gone soon ... My family is trying to get out of town."

Tremblett said the community of Beacon Hill is on fire, after a nearby Shell gas station blew up.

"It's very bad," she said.

Fire officials have extended the evacuation order to 10 communities in the city, including Beacon Hill, Abasand, Waterways, Draper, Saline Creek, Grayling Terrace, downtown, Thickwood, Wood Buffalo and Dickinsfield.

On Tuesday evening, a forestry spokesperson said officials are pulling out crews as it has become prime burning time, adding tomorrow is supposed to be more intense.

Unseasonably hot temperatures combined with dry conditions have transformed the boreal forest in much of Alberta into a tinder box.

Fire officials had already warned earlier in the day that rising temperatures and low humidity could help the fire grow.

WITH FILES FROM THE CANADIAN PRESS

TEMPORARY RESIDENCE

Oilsands work camps fill with evacuees

Oilsands work camps were being pressed into service Tuesday to house evacuees as a raging wildfire emptied the city of Fort McMurray.

"We've made our work camp available to staff and their families who have been evacuated and need a place to stay," said Cameron Yost of Shell Canada.

"We are looking at getting non-essential people out by aircraft," said Yost, who added Shell's camp could accommodate hundreds of evacuees.

Most oilsands projects are well north of the community, while the worst of the flames were on the city's south side.

Shell's camp is about 95 kilometres away and remained operating late Tuesday. Still, precautions were being taken.

Officials were also evacuating non-essential staff at Suncor's base plant, at 30 kilometres away one of the closest facilities to the city, said spokesman Paul Newmarch. Evacuees were moving in to the plant's work camps.

"We're providing transportation and accommodation to the region to support the evacuation," he said. "We're making whatever we have available to support the evacuation."

Newmarch said essential workers remained at the plant and production, as of late Tuesday afternoon, was continuing.

> **"I don't know if and when I'll be going back.**
> Will Gibson, a spokesman for Syncrude

Will Gibson, a spokesman for Syncrude, which has a plant about 35 kilometres north of town, was himself one of the evacuees heading north away from the flames.

"People are actually being evacuated toward the plants," he said. "We're being instructed to go to work camps in the region and report in there. We're assuming it will be more than a night." Gibson said he had to flee his neighbourhood via a grass embankment because the fire had already cut off the road at both ends.

Large work camps associated with oilsands projects can accommodate thousands to house workers who come from as far away as Newfoundland and Labrador. A 2015 municipal census counted 43,000 people in its "shadow" population, a term used for temporary residents who often live in such camps.

THE CANADIAN PRESS

ABOUT THE CITY

A look at Fort McMurray, the northern Alberta community in which several neighbourhoods were under an evacuation notice Tuesday because of a wildfire:

- **LOCATION:** Fort McMurray is 435 kilometres northeast of Edmonton on Highway 63, just west of the Alberta-Saskatchewan boundary.
- **SIZE:** Fort McMurray is the largest community in the Regional Municipality of Wood Buffalo. A 2015 municipal census pegged the population of the region at about 125,000. The urban centre of Fort McMurray had just over 61,000 people, according to the 2011 federal census.
- **HISTORY:** Fort McMurray was once a fur trading post. Today, Fort McMurray is best known now as a hub for the oilsands industry, which is the top employer in the region.

A census of excitement

GOVERNMENT

Response symbolizes that 'Canada is back': Expert

Luke Simcoe
Metro | Toronto

The long-form census is back, and it might just be more popular than ever.

Across the country, Canadians are practically bursting with joy as they open their mailboxes to find their 2016 census forms. Many are turning to social media to share the moment with the masses just as they do some of the biggest moments of their lives — weddings, birthdays and the like.

"Got this in the mail and may have squealed," tweeted Jean-François Claude. "Never thought government paperwork could get me this excited."

In fact, so many Canadians rushed online to fill out the census Monday that the Statistics Canada website crashed for 45 minutes.

The jubilant response to the census didn't surprise Matti Siemiatycki, a professor of planning and geography at the University of Toronto.

"I think the census is a symbol," he said. "It symbolizes for many people that Canada is back, that evidence and sound decision making is what this country is based on."

The long-form census was cancelled by the Conservatives in 2010, and its return — brought about by the Trudeau Liberals' rise to power — is particularly good for people those living in major cities, said Siemiatycki.

"The census is a critical resource for city planners and decision makers," he said. "It provides the most extensive picture of who lives in our cities, where they live, what their demographics are, and in many cases what their needs and wants are."

That kind of information will be vital for cities as they decide where to invest new federal funding for things like infrastructure, housing and transit, said Siemiatycki.

"We have limited resources, so how do we spend hard-earned taxpayer money wisely? We do it through evidence-based decision making," he said.

"And if our data is better, then our services and programming are better, and that means a better quality of life for everyone."

The 2016 census has Canadians bursting with jubilation. So many people rushed online to fill out the census Monday that the Statistics Canada website crashed temporarily. TWITTER.COM

PENALTY

Do your census duty

If building a better city isn't enough motivation to fill out the census, consider this: Failing to follow through can lead to a fine of up to $500 and/or up to three months in jail.

'Male' and 'female' not enough

Haley Ritchie
Metro | Ottawa

The majority of Canadians — including many who identify as transgender — probably didn't think twice about ticking 'female' or 'male' on the new census.

But one group of people — those who identify as both genders, or neither — don't have a box to tick. We don't know exactly how many since the census doesn't include them, which is frustrating both researchers and non-binary people.

"None of that data really exists anywhere, especially in Canada," said Dillon Black, a member Ottawa's Queering613 collective. "There aren't really any demographics on trans identity and especially non-binary identities."

People like Black, who don't identify with one gender, aren't represented along with intersex people or two-spirited indigenous people. The census also doesn't differentiate between gender identity and biological sex.

Black said they'd like to see more education around the issue and consultations between Statistics Canada and non-binary people about adding more options in a future census.

Right now Statistics Canada is encouraging non-binary respondents to leave the category blank and indicate a reason in the comments section.

VETERANS AFFAIRS

Costs for pot 'too high'

The latest report from the federal auditor general urges Veterans Affairs to get a grip on its medical marijuana program for injured ex-soldiers, which is expected to cost taxpayers a startling $25 million this year.

Michael Ferguson says it's just one of the programs where the federal government has critical data available to it that's either not usable, not used or not acted upon at all.

The report tabled Tuesday in the House of Commons also looked at the dire condition of the army reserves, the federal government's inability to detect and prevent refugee fraud and the uncertain impact of the former Conservative government's $400-million venture capital action plan. But with medical marijuana for veterans, Ferguson paints a picture of program out of control.

He says the federal department long ago recognized the need to contain the prescribed pot program by imposing a limit on how much the government is willing to pay per gram, but usage levels and costs continue to climb. Veterans Affairs has covered medical marijuana costs since 2008, but more vets have applied since the regulations were overhauled, sending the cost through the roof.

THE CANADIAN PRESS

FRAUD

A dozen people at risk of losing citizenship

Immigration officials are looking at revoking the Canadian citizenship of about a dozen people after the auditor general found the government isn't doing enough to root out fraud in the citizenship system.

$500 SCHOLARSHIP
FOR THE HEALTH CARE AIDE PROGRAM
Train for a rewarding career as a Health Care Aide with a tuition boost! Apply today and you could qualify for a $500 scholarship.* Classes start soon!
1.800.360.7186 / STUDYHCA.CDICOLLEGE.CA
ASK ABOUT OUR EVENING CLASSES!
ACCOUNTING & PAYROLL ADMINISTRATOR | GRAPHIC DESIGN
MEDICAL OFFICE ASSISTANT | AND MORE!
Financial assistance may be available to qualified applicants. | *Certain restrictions apply. Contact campus for info.
CDI college

Cruz quits, Trump wins in Indiana

U.S. ELECTION

Front-runner still needs 200 delegates for nomination

Texas Sen. Ted Cruz abruptly ended his presidential campaign Tuesday night after falling to Donald Trump in Indiana's primary, a devastating loss that left him with no viable path to the Republican nomination. Trump, considered a fringe candidate a year ago, now is poised to represent Republicans in the fall presidential campaign.

"I've said I would continue on as long as there was a viable path to victory; tonight I'm sorry to say it appears that path has been foreclosed," Cruz told a sombre crowd in Indianapolis.

Cruz campaigned aggressively in Indiana, but could not overcome Trump. The billionaire businessman has stunned the Republican Party with his appeal to voters deeply frustrated with Washington and their own party's leaders.

Trump still must win about 200 more delegates to clinch the nomination. But his victory in Indiana — where he picked up at least 45 of the state's 57 delegates — made it all but impossible for Cruz to block him from doing so.

Before Tuesday's results, Cruz had vowed to stay in the race through the final primaries in June, clinging to the possibility that Trump would fall short of the 1,237 delegates he needs and the race would go to a contested convention.

One outside group trying to stop Trump suggested it would shift its attention to helping Republicans in other races. Rory Cooper, a senior adviser to the Never Trump super PAC, said the group will help protect "Republican incumbents and down-ballot candidates, by distinguishing their values and principles from that of Trump, and protecting them from a wave election."

UNITY

Whether a united Republican Party is possible with Trump at the helm remains uncertain. Before the Indiana results were finalized, some conservative leaders were planning a meeting to assess the viability of launching a third party candidacy to compete with Trump.

Only about half of Indiana's Republican primary voters said they were excited or even optimistic about any of their remaining candidates becoming president, according to exit polls. Still, most said they probably would support whoever won for the GOP.

On the Democratic side, Vermont Sen. Bernie Sanders won the Indiana presidential primary, scoring a late-season victory over front-runner Hillary Clinton. THE ASSOCIATED PRESS

Afghan boy Murtaza Ahmadi plays with a football on Tuesday while wearing a shirt donated and signed by Messi in Pakistan's southwestern city of Quetta. The boy who captivated hearts after he was pictured wearing a plastic bag as an improvised Messi jersey has appealed to the UN refugee agency after fleeing his home. AFP/GETTY IMAGES

AFGHANISTAN

'Messi boy' sent into exile

The family of a five-year-old Afghan boy who received autographed shirts from his soccer hero Lionel Messi was forced to leave Afghanistan amid constant telephone threats and a menacing Taliban letter, the boy's father said Tuesday.

Mohammad Arif Ahmadi — whose son grabbed headlines when he was photographed wearing a homemade Argentina shirt with No. 10 on the back — said they have moved to neighbouring Pakistan and settled in the city of Quetta, hoping for a better life there.

"Life became a misery for us," said Ahmadi, speaking to The Associated Press over the telephone from Quetta. He added that the family didn't want to leave Afghanistan, but the threats were just getting more and more serious.

> "The Taliban asked why my son was not learning the Qur'an in an Islamic school. Mohammad Arif Ahmadi

Ahmadi said he feared that his son Murtaza would be kidnapped after becoming an Internet sensation — both at home in Afghanistan and beyond — after pictures of him wearing a Messi shirt made out of a striped plastic bag went viral.

Ahmadi said that at first he was not sure who was behind all the phone calls, and that he thought it might criminal gangs seeking to extort money and falsely thinking the family might have made lots of cash amid the boy's international popularity.

But he said he realized it was the Taliban after he received a call from a local driver in the area who told him he was bringing him a letter.

"It was a letter sent by the Taliban," Ahmadi said.

The Taliban have not commented the case of the 5-year-old Murtaza and their spokesman was not immediately reachable for comment.

The Ahmadi family first travelled to the Pakistani capital, Islamabad, but couldn't stay there long because of the high cost of living. They later moved to Quetta.

When the threatening phone calls became more menacing, the family decided to go and "that was the main reason that I left my homeland," he added. THE ASSOCIATED PRESS

IN BRIEF

Canadian thrown out of Nepal for tweeting

A Canadian man has been ordered to leave Nepal within two days after authorities said he posted messages on social media that could disturb social harmony. An official said Robert Penner's work visa was revoked because a report prepared by authorities suggested his critical posts on Twitter threatened national unity. THE CANADIAN PRESS

PHILIPPINES

Video of hostage's beheading released

Muslim militants in the Philippines have a released a video showing the beheading of Canadian hostage John Ridsdel, an American group that monitors jihadi websites reported Tuesday.

Ridsdel, 68, of Calgary, was one of four tourists — including fellow Canadian Robert Hall, Norwegian Kjartan Sekkingstad and Filipina Marites Flor — who were kidnapped last Sept. 21 by Abu Sayyaf militants.

In a series of tweets, Rita Katz of the SITE Intelligence Group cited the video as saying Ridsdel was beheaded on April 25 "due to non-compliance" of the Canadian government.

Another video shows the three remaining hostages, with the militants threatening to behead them if their demands are not met, she said. THE CANADIAN PRESS

Become an Immigration Consultant

UBC Certificate in Immigration: Laws, Policies and Procedures

100% Online

Help others immigrate to Canada. Our part-time or accelerated programs can get you started on an exciting addition to your career. Complete the program 100% online in as little as six months. The next programs start in September 2016 and January 2017.

Apply now. Seats are limited.

cstudies.ubc.ca/immigration

a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA
Continuing Studies

Risky business if you're a woman

ENTREPRENEURS

Women are less likely to seek or get bank financing

The myth that women entrepreneurs are risk averse continues to stand in their way of getting financing to help their businesses grow, a major new study concludes.

Women entrepreneurs also said they want more than just a loan from their bank, according to A Force to Reckon With: Women Entrepreneurship and Risk. They want a relationship with a bank that understands their business and their personal needs, the study found.

"Women entrepreneurs, in general, are not satisfied with their experiences with financial institutions," according to the report sponsored by the Bank of Montreal. "In fact, in many instances women entrepreneurs reported that they felt humiliated and frustrated by financial institutions' treatment of them."

One woman entrepreneur said the bank wanted her father to co-sign the loan, the report noted.

Indeed, 80 per cent of the women interviewed for the study said they faced obstacles in getting bank loans.

Women entrepreneurs contributed $148 billion to Canada's economy in 2011, the latest year for which data is available, the study noted.

Yet, they continue to struggle with assumptions they are risk averse, when in fact "women entrepreneurs, like male entrepreneurs, are not all alike," said Clare Beckton, report co-author and head of Carleton University's Centre for Women in Politics and Public Leadership.

The study, which included interviews with 100 male and female entrepreneurs across Canada over a two-year period, found women prefer to take what they call "rational" risks.

"Women are not only interested in the earnings statement but the impact of their business decisions on all aspects of their lives," Beckton said.

Bank of Montreal, which sponsored the study, said it has started incorporating some of the findings into its business.

"We know women are starting more business than men," said Susan Brown, BMO senior vice-president and head of women's strategy. TORSTAR NEWS SERVICE

NUMBERS

- **$60,000** – average annual income earned by full-time women entrepreneurs
- **950,000** – number of women who were self-employed in 2011
- **47%** – Portion of Canadian small and medium-sized enterprises (SMEs) partially or majority owned by women

PJ's Pets is closing 27 of its Canadian locations. THE CANADIAN PRESS

Pet business not a boom for all

Pet parents are driving a booming industry in Canada.

But shoppers looking for bargains or specialty products and services are pushing out mid-size chains from an otherwise growing market. Take for instance PJ's Pets and Pets Unlimited, which operate under separate banners but are one company. Late last month it announced it was closing 27 of its 39 Canadian stores.

Over the past three fiscal years, the company reported annual multimillion-dollar losses between $3 million and $6.9 million, according to a March PwC report.

The report partly attributes the red ink to increased competition from larger pet retailers and retail stores.

Pet store industry revenue in Canada is expected to jump an additional 3.6 per cent this year to $2 billion, according to a recent report by the market research firm. Three major players — PetSmart, Pet Valu and Global Pet Foods — make up more than 40 per cent of the market share. Some, like PJ's Pets and Pets Unlimited, are mid-size operations.

They all face competition from grocery stores that increasingly include a pet supplies aisle and discount retailers.

Those big outlets attract customers by offering lower prices than smaller industry players thanks to advantageous economies of scale. THE CANADIAN PRESS

Pay with debit. Earn cash.
It's that simple.
Earn up to
$600
cash back in
the first year.
Scotiabank MOMENTUM
Get the only cash back debit card in Canada.
Open a new Scotiabank Momentum Chequing Account and earn double the cash back on all of your debit purchases until July 31, 2016 – up to $600 in the first year.
www.scotiabank.com/momentumchequing
You're richer than you think.®
Scotiabank®
®Registered trademarks of The Bank of Nova Scotia. ™ Trademark of The Bank of Nova Scotia. †Interac and Interac Flash are trademarks of Interac Inc. used under license. The standard cash back is 1% on all debit purchases, subject to the account terms. In order to qualify for the additional 1% cash back bonus ("Bonus"), you must open a Scotiabank Momentum Chequing Account (an "Eligible Account") between March 21, 2016 and June 30, 2016. Employees of Scotiabank and individuals who are/ were previously holders or joint holders of an Eligible Account, Scotia® Moneyback™ Account, Scotia One™ Account, Basic Banking Account, Basic Banking Plan, or Scotia Value® Account, are not eligible. Maximum one offer per customer. After July 31, 2016, only the standard cash back of 1% will apply to a maximum of $300 in 2016. The Bonus cannot exceed $300. To receive any cash back, the new Eligible Account must remain open and in good standing throughout November 2016 which means that it has not been in continuous overdraft with or without Overdraft Protection for a period of three consecutive months. This offer cannot be duplicated or combined with any other offer. Scotiabank may withdraw or change this offer at any time without notice.

BUY YOUR GOLDEYES TICKETS TODAY!

Visit GOLDEYES.com or CALL 204-982-BASE (2273)

Let's Play!

10-GAME MINI PACKS

10 Times the Fun!

Skysuites

Picture yourself above the crowd in a beautiful Goldeyes Skysuite with a spectacular view of action-packed Goldeyes Baseball!

Enjoy the spacious privacy of a fully-furnished, climate-controlled Goldeyes Skysuite with adjacent outdoor balcony for up to 21 guests. Select from a spectacular array of food & beverages designed for entertaining and let our friendly serving staff look after you and your guests.

FOR MORE INFORMATION CONTACT ANGELA at Angela@Goldeyes.com or 204-954-8950

Group Events

Group Events are perfect for work functions, conferences and client entertaining. Groups of 25 or more receive great benefits including:
DISCOUNTED TICKETS – FREE SOUVENIRS – RESERVED SEATING

The Goldeyes pack the fun into these games! Giveaways, Theme Games, Fireworks and Feature Promotions are all part of our 10-Game Mini Packs! Every 10-Game Mini Pack includes either the 2016 Home Opener on May 30 or Fan Appreciation Game on September 5 – your choice!

MINI PACK # 1 1st HALF PACK	MINI PACK # 2 SATURDAY+ PACK	MINI PACK # 3 SUNDAY+ PACK	MINI PACK # 4 WEEKDAY PACK	MINI PACK # 5 2nd HALF PACK
Wednesday, June 1	Saturday, June 4	Sunday, June 5	Tuesday, May 31	Friday, July 15
Friday, June 3	Saturday, June 18	Sunday, June 19	Wednesday, June 15	Tuesday, July 19
Tuesday, June 14	Saturday, July 2	Friday, July 1	Wednesday, June 29	Friday, July 29
Friday, June 17	Saturday, July 16	Sunday, July 3	Wednesday, July 13	Friday, August 12
Tuesday, June 28	Saturday, July 30	Sunday, July 17	Wednesday, July 20	Monday, August 15
Thursday, June 30	Saturday, August 13	Sunday, July 31	Thursday, August 11	Wednesday, August 17
Tuesday, July 12	Monday, August 22	Sunday, August 14	Tuesday, August 16	Wednesday, August 24
Thursday, July 14	Saturday, August 27	Sunday, August 28	Tuesday, August 23	Friday, August 26
Monday, July 18	Saturday, Sept. 3	Sunday, Sept. 4	Thursday, August 25	Friday, Sept. 2

2016 GOLDEYES TICKET PACKAGES

	SINGLE TICKETS	MINI PACKS	SEASON TICKETS
GRAND SLAM	$10	$80	$500
ON DECK	$16	$130	$700
PRIME	$19	$160	$800
CLUB	$22	$190	$990

2016 GOLDEYES PROMOTIONS

- May 30 HOME OPENER MAGNET SCHEDULE GIVEAWAY FIREWORKS
- June 3 ALS LOU GEHRIG NIGHT
- June 5 BASEBALL MANITOBA HALL OF FAME GAME GOLDEYES JERSEY GIVEAWAY
- June 15 SCHOOL PATROL NIGHT FIREWORKS
- June 17 TEAM PHOTO GIVEAWAY
- June 18 BEACH BAG GIVEAWAY
- June 19 FATHER'S DAY
- June 30 SHIRT OFF OUR BACKS NIGHT FIREWORKS
- July 1 CANADA DAY TRAIN TRIP GIVEAWAY
- July 13 HOMETOWN HEROES NIGHT DANCIN' GABE BOBBLEHEAD GIVEAWAY
- July 14 FIREWORKS
- July 16 PAJAMA PARTY MOVIE & CAMPOVER
- July 20 UKRAINIAN CELEBRATION
- July 29 FIREWORKS
- August 11 COUNTRY NIGHT FIREWORKS
- August 14 GOLDEYES BOOKMARK GIVEAWAY
- August 16 BASEBALL BINGO
- August 17 BACON NIGHT
- August 22 HOCKEY NIGHT FIREWORKS
- August 25 TURN BACK THE CLOCK NIGHT
- August 26 FIREWORKS
- September 2 PLAYER CARD GIVEAWAY
- September 3 FIREWORKS
- September 4 TEAM PHOTO GIVEAWAY
- September 5 FAN APPRECIATION DAY

metro VIEWS
Your essential daily news
Wednesday, May 4, 2016

ROSEMARY WESTWOOD
ON SOCIAL ACTIVISM IN 2016

Occupy INAC (Indigenous and Northern Affairs Canada) and Black Lives Matter protests have swept across major cities. These are movements — and people — bettering our country.

All's not quiet in the True North, as witnessed by this spring of discontent.

Occupy INAC (Indigenous and Northern Affairs Canada) and Black Lives Matter protests have swept across major cities from Vancouver to Winnipeg to Montreal. And in Halifax, hundreds marched through the streets in late April to protest gun violence that killed three young black men in less than a week.

All three actions have gained considerable traction and attention and forced responses from powers as high up as premiers and federal ministers.

They are, by and large, the movements of young people — Twitter-savvy and Instagram-curated. They are targeted in their goals and, thus far, remarkably successful.

In Toronto, Black Lives Matter's accomplishments are many and growing: There will be a coroner's inquest into the death of Andrew Loku, who was shot by police while holding a hammer, and a face-to-face meeting with John Tory, the mayor. Ontario Premier Kathleen Wynne has directly responded to the protest, and the province released a (heavily redacted) civilian oversight report on Loku's death last week. Solidarity protests in Vancouver and Montreal have increased the movement's visibility.

Around the same time, Occupy INAC spawned from the Attawapiskat suicide crisis when Toronto protesters set up inside INAC's offices, demanding help. It spread to Winnipeg

TOGETHER A protester at the Toronto offices of Indigenous and Northern Affairs during April's sit-in protest over the suicide crisis in Attawapiskat. BEN SPURR/FOR TORSTAR NEWS SERVICE

(which is entering Day 21 of the protest and seeking a meeting with the prime minister) and inspired rallies in Regina and Gatineau, Que.

Occupy INAC in Vancouver only ended last week after Carolyn Bennett, INAC's minister, agreed to meet with protesters to discuss their demands: the reinstatement of a $22-million cultural program for off-reserve youth and an increase in indigenous language funding from $5 million to $1 billion.

It has been particularly fascinating to watch these two national movements support one another, share hashtags and disseminate each other's Facebook posts.

It's a slightly different story in Halifax, where activist Quentrel Provo has spent years fighting gun violence that disproportionately leaves young black men dead. His Stop the Violence Spread the Love group has held marches in the city before, but last month's could mark a turning point in the fight to curb violence. Instead of activism aimed at a powerful group, it's a movement that he hopes all in his city will see as their own. Deaths in the black community "affect everyone," he says.

April was an unusually deadly month, and that "really opened up a lot of people's lives that this is reality."

That's sparking greater collaboration between education officials, police and community members on a number of fronts: Police are asking for community help in solving the killings, and the minister of education is meeting with Provo. And Provo is gaining traction for a mentorship program he hopes to launch that will reach boys at an early age and help steer them toward safer, longer lives.

All this is quite something for activist leaders of a generation often painted as feckless and navel-gazing.

"He is the reason I am here," wrote Jerilynn Webster, one of the Occupy INAC Vancouver leaders, on an Instagram photo that included her young son. "I'm not a rebel without a cause. Council of Mothers did this for indigenous kids and youth in Turtle Island. I hope people see this."

Near the start of the protest, the Council of Mothers, as the protesters called themselves, urged Attawapiskat and indigenous youth to "Keep resisting, keep loving and keep speaking your absolute truth because you are being heard."

Certainly, they have been.

The upshot of all this organizing shouldn't be underestimated: a return to discussions of racism and violence in Halifax that could change young lives; a re-think of police accountability in Toronto that has the potential to change how we handle police shootings; increased attention across this country to the needs of often forgotten indigenous youth.

These are movements — and people — bettering our country. For the average Canadian, such as myself, who has not occupied a government building, camped for days outside police headquarters or launched an anti-gun-violence march to bring change, that is a lot to be grateful for.

They are, by and large, the movements of young people — Twitter-savvy and Instagram-curated.

Kicking our opioid addiction requires right prescription

Alan Cassels

We are in the midst of a deadly drug epidemic so severe and widespread few people in North America will remain untouched by it.

Typically the suggestion of an epidemic is hyperbolic, but it doesn't seem so in this case. Last month, Dr. Perry Kendall, the provincial Health Officer in British Columbia, said that B.C. has a bona-fide "public health emergency" on its hands, mostly due to the alarming number of overdose deaths linked to prescription opioids.

Opioids include prescription narcotics such as Oxycontin, hydromorph Contin and fentanyl, which some say is 100 times stronger than morphine. Kendall said there were more than 200 opioid-related overdose deaths so far this year in B.C., and if those numbers continue, there'll be 800 by the end of the year.

What's happening in B.C. is representative of what is happening across Canada, where we have some of the highest rates of prescription opioid consumption in the world. From 2006 to 2011, use of opioids in Canada rose by 32 per cent, and that rise has continued unabated.

The United States is also in full-on damage-control mode, trying to stem the incredible numbers of deaths due to opioids. In 2012, there were 259 million prescriptions written for opioids — enough to give every American adult their own bottle of pills. Since 2000, the overdose death rate in the U.S. has risen by 200 per cent.

The problems, as well as potential solutions, are complicated, but I agree with U.S. Surgeon General Dr. Vivek Murthy when he says curbing society's exposure to opioids — particularly those coming from a prescription pad in a doctor's office — is absolutely vital. As he said: "Physicians need to be retrained to think twice — or three or four times — before writing that first opioid prescription."

Indeed, many critics have pointed the finger at prescribers — well-meaning clinicians who've been giving too many patients excessively powerful opioid medications to deal with modest pain. But we can dig deeper and look at pharmaceutical companies' significant influence on doctors.

It's important to recognize that liberal prescribing of opioids is a recent problem and, since the mid-1990s, can be linked to the pharma industry. Doctors have increasingly been encouraged — often via educational materials paid for by opioid makers — to prescribe the drugs.

Is this epidemic not dire enough to finally build a firewall between physicians' education and the pharmaceutical industry?

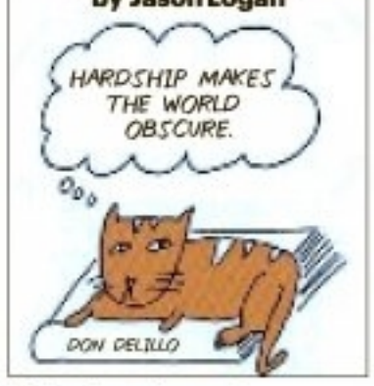
To tackle the problem, we need unbiased, safety-oriented messages on the appropriate use of opioids and knowledge of their wicked potential.

And we need to curb our dependence on drug-company money for doctor training.

Alan Cassels is a University of Victoria health policy researcher and author of The Cochrane Collaboration: Medicine's Best-Kept Secret.

metro
Your essential daily news
CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod
VICE PRESIDENT & EDITOR
Cathrin Bradbury
EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout
MANAGING EDITOR WINNIPEG
Elisha Dacey
ADVERTISER INQUIRIES
adinfowinnipeg@metronews.ca
General phone 204-943-9300
FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan



Philosopher cat now at www.mymetrostore.ca

metro LIFE

Your essential daily news

Radiohead drops new single Burn The Witch ahead of word tour that begins this month

Upgrading to 'queen' of Eastern cuisine

SIROCCO

Sabrina Ghayour's second book a blend of cultures

Melita Kuburas
Metro | Canada

When Sabrina Ghayour saw the May cover of U.K.'s Delicious magazine hailing her as the "new queen of Eastern cooking," she laughed for a good five minutes.

"I used to be the 'Persian princess' but I've obviously upgraded now to queen," says Ghayour, whose second cookbook, Sirocco, features recipes that are influenced by both her Iranian and European heritage. "If it makes people happy then I'm so honoured to be even the Duchess of Middle Eastern cuisine."

A self-taught cook who has been experimenting in the kitchen since she was about six years old, Ghayour takes the praise in stride. By now, she should be used to it: after the release of her first book, Persiana, in 2014, Ghayour was named by The Evening Standard as one of London's 1,000 most influential people.

Born in Tehran, the cuisine of Ghayour's Iranian background is evident throughout Sirocco but even traditional explanations are paired with a fresh twist — such as the Grilled Peach and Gem Lettuce Salad recipe that comes with a brief ode to the origins of the kebab. Ghayour also incorporates recipe blends from throughout the region, such as the Lebanese baharat and Moroccan ras el hanout.

She doesn't claim any of the homestyle dishes are "authentic," but rather an expression of her personality and expertise.

"If we said 'oh this is authentic Middle Eastern food' people from every country would knock on my door and be like 'hey, hang on a second,'" jokes Ghayour, who moved to London in 1979 with her family.

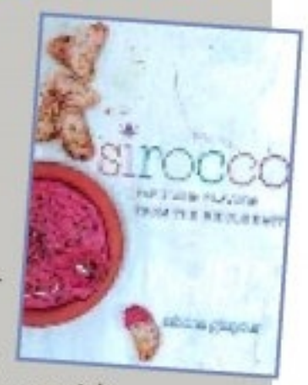
"I'm not too pedantic about method; about high-honoured tradition. ... I write recipes based on what I'm actually, genuinely eating at home."

Poverty, availability, regionality, seasonality — all those things dictate what you're going to use.

Ghayour, on substitutions in recipes

FROM SIROCCO COPYRIGHT © 2016 BY SABRINA GHAYOUR. REPRINTED BY PERMISSION OF APPETITE BY RANDOM HOUSE, A DIVISION OF PENGUIN RANDOM HOUSE CANADA LIMITED. PHOTOGRAPHY CREDIT: HAARALA HAMILTON.

LAMB, APRICOT & FENNEL SEED LOLLIPOPS



Makes 18-20 kofta or meatballs

Ingredients:
- 1 pound ground lamb
- 5 ounces dried apricots, finely chopped
- ½ cup fennel seeds, toasted and finely ground
- 2 large eggs
- 1 onion, minced in a food processor or very finely chopped
- 2 heaping teaspoons turmeric
- ½ small package (about ½ ounce) of dill, finely chopped, plus extra to garnish
- 2 heaping teaspoons flaky sea salt, crushed freshly ground black pepper
- vegetable oil

To serve
- 5 ounces Greek yogurt
- olive oil or lemon juice (optional)
- sweet tamarind sauce
- small handful of nigella seeds

Directions:

1. Heat a large skillet over medium heat (or high heat, if using an electric stove). If your pan isn't large enough to cook 18–20 kofta at once without overcrowding, preheat the oven to 325°F for keeping cooked batches warm.

2. Put all the kofta ingredients, except the oil, into a large mixing bowl and work the mixture, thoroughly using your hands. Really pummel the meat mixture and ensure the ingredients are evenly combined.

3. Drizzle into the hot skillet just enough oil to coat the base and allow it to heat up. Meanwhile, begin rolling your kofta – take a small amount of the meat mixture (about the size of a Ping-Pong ball) and roll it into a smooth ball, then place it in the skillet and fry for about 5–6 minutes on each side or until nicely browned and cooked through. Keep adding more and more balls as you make them, cooking in batches if necessary. Keep the cooked kofta warm in the oven on a baking sheet while you fry subsequent batches.

4. Season the yogurt with salt and pepper. If the yogurt is too thick for drizzling, thin it down a little using olive oil and 1 tablespoon water or lemon juice.

5. Arrange the kofta on a large platter and pour over a generous drizzle of the seasoned yogurt, followed by a drizzle of sweet tamarind sauce and a sprinkling of nigella seeds. Insert a wooden skewer into each meatball and serve.

JOHANNA SCHNELLER WHAT I'M WATCHING

TV that embraces animal instincts

THE SHOW: Silicon Valley, Season 3, episode 2 (HBO)
THE MOMENT: The horse sex

Brilliant, meek Richard (Thomas Middleditch) invented genius software. But his company's board coldly replaced him as CEO with Jack (Stephen Tobolowsky), who is destroying everything cool about Richard's idea. Richard confronts Jack at a stable — while Jack calmly watches a squealing white stallion with a truly mammoth erection mount a mare. (The horse sex is real.)

Over wild stallion grunts, Richard pleads the case for his software: "People who have nothing could suddenly have access to everything. We could make the world a better place, and make billions of dollars."

The stallion noises drop out; music plays. "Richard, I don't think you understand what the product is," Jack says, smiling. "The product isn't your software."

"Is the product — me?" Richard asks shyly.

"Oh! God no!" Jack hoots. The music stops. The horses shriek. "The product is the stock. Maybe sometime in the future we can change the world. Now excuse me, I paid $150,000 for that stallion's semen, and I'd like to see it happen."

It took me a while to warm to Silicon Valley, where everyone is hapless, voracious or both. I'm thrilled I stuck with it, because Richard's plight is so poignant: He achieved the goal we all dream of —invented something good, moved the needle in a positive way — but the universe craps on him anyway.

This scene dramatizes that magnificently, by setting Richard's royal screwing-over against the most alarming animal screwing you are likely to see. It's one of the most audacious juxtapositions I've witnessed on TV.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Thomas Middleditch as computer programmer Richard Hendricks in Silicon Valley Season 3. CONTRIBUTED

Of all the beverage containers that weren't recycled, how many were yours?

Last year, Manitobans recycled more beverage containers than ever before. Unfortunately, tons of them still ended up in the landfill, not a blue bin. Even a few containers pile up fast, so recycle your empty cans, bottles, cartons, and juice boxes every time.

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Muffins

Muffins are favourite for many as breakfast or afternoon snacks, but it's more of a dessert than a Dip Donut.

PICK THIS

Tim Hortons Chocolate Dip Donut

Calories 190
Fat 6g
Sugar 10g

SKIP THIS

Tim Hortons Raisin Bran Muffin

Calories 370
Fat 12g
Sugar 36g

HERE'S WHY

Equivalent to 4.5 Rice Krispies Treats in sugar

Muffins with whole grains, fruit, nuts or dried fruit have the illusion of being a healthy breakfast or a nutritious snack when you need to refuel, but take a closer look. These are sugary and fattening indulgences. We love our baked goods, but they should be a treat, not a regular part of our diet. With close to one quarter of your daily calories and 9 tsp of sugar, this will definitely give you a "muffin top." A lighter pick is the Chocolate Dip Donut, with half the calories, fat and almost a ¼ of the sugar. Think of muffins just as you would a cupcake — a dessert, not a healthy snack.

FOOD TREND

New eggplant is less oily, more meaty

Eggplant hasn't been a favourite of American home gardeners, but a new hybrid that's billed as an alternative to meat could be changing that.

The hybrid dubbed "Meatball" has powered its way into the home-garden market this spring. It's a cross between existing hybrids and heirloom varieties of eggplant. Sales rival those of tomatoes and peppers, among the most popular items in the W. Atlee Burpee & Co. seed catalogue, said the company's chairman and chief executive officer, George Ball. "This new one is not like any eggplant we've ever bred or found or seen," he said.

The Meatball contains more water, which resists oil in the frying pan, Ball said.

"That makes for a more refreshing and less oily product," he said. "It also is seedless, giving it two important genetic virtues."

Kitchen trials were held with friends, family and focus groups using the Meatball as a hamburger or steak-like primary ingredient, Ball said. "It won hands-down when compared to both veggie burgers and meat" in taste tests, he said.

Maturity dates for the new eggplant range from 55 to 78 days, depending on location.

Eggplants are native to India, much of China and Southeast Asia, so most species thrive in high heat. Many of the later European versions were white or yellow, resembling chicken or goose eggs; hence the name eggplant.

Their earliest use was believed to be more medicinal than culinary. Eggplants' fruit, roots and leaves were used for treating abscesses and intestinal problems.

Thomas Jefferson often has been credited with importing eggplants into American gardens in the late 1700s, but they were slow to gain popularity as a cooking staple, a trend that continues today.

"I took some of my surplus eggplant to a local food bank last year and they said it was the first time they'd ever gotten it," said Marianne Ophardt, Benton County director for Washington State University Extension.

"Recipes are limited for making it more flavourful, which may account for some of its slow acceptance," she said.

THE ASSOCIATED PRESS

LIQUID ASSETS

Canadian cider rules

For centuries apples have been the base of thriving cider industries in just about every place that produces them except Canada.

While we may be late to the party, the variety of artisan ciders currently being created across our country has never been greater. From Nova Scotia's Bulwark to B.C.'s Lonetree, regional ciders are taking a bite out of their international competition. Our output runs the gamut; from sweet and confectionary to classically dry, with the vast majority originating from fruit picked in local orchards in their home provinces.

Ontario-made Brickworks Batch 1904 (473 ml, $3.10-$3.95) is a dry, English-style craft cider named to commemorate the Great Fire of Toronto, which happens to be Brickworks' hometown.

It's a refreshing, apple-forward thirst-quencher that will not only make an ideal partner for spicier barbecue sauces once grilling season heats up, it also supports my theory that in 2016, Canadian cider houses rule.

PETER ROCKWELL/METRO

What to eat to boost your vegan diet

NUTRITION

These foods help bump up nutrients that may be lacking

Going vegan has many ethical and environmental upsides, but vegans often lack vitamin B12 and iron in their diets according to a study published last month in the Journal of the American Osteopathic Association. GETTY IMAGES

Most vegans are likely tired of being asked whether they're getting enough protein from their plant-based diet.

But that tired feeling could also be from an iron or vitamin B12 deficiency, according to a new study from the Mayo Clinic published last month in the Journal of the American Osteopathic Association. Researchers conducted a review of 167 published studies relating to the risk of vegan diets — which eliminates all animal products — and found intake of vitamin B12, iron, calcium, vitamin D, omega-3 fatty acids and protein is often lacking.

There are plenty of health benefits to following a vegan diet, but the evidence can be confusing, said lead author Dr. Heather Fields, based in Scottsdale, Ariz., who tries to follow a "whole foods plant-based diet" herself.

Fields led the Mayo Clinic's clinical review to ascertain which nutrients are of particular concern to vegans, who make up about two per cent of the American population. "I am becoming less and less concerned about calcium and vitamin D supplements as it seems that following a plant based diet can increase absorption quite well," Fields said.

Here's how to boost your nutritional intake using plant-based foods, although the study recommends supplements in pill form if levels are low.

Vitamin B12

Plant-based foods contain a "negligible" amount of vitamin B12, and most vegans who don't consume fortified foods or supplements will find themselves deficient, according to the study.

Besides supplements in pill form, try: fortified cereal and dairy substitutes, fortified tofu, nutritional yeast, fortified meat alternatives.

Iron

Vegans, especially women who are child-bearing age, often have lower levels of iron than omnivores. Iron from plant sources, known as non-heme iron, is harder to absorb by the body than heme iron from animal sources.

Try incorporating cooked spinach and other dark leafy greens, lentils and beans, edamame, tofu, tomato paste, whole grains, some nuts and seeds.

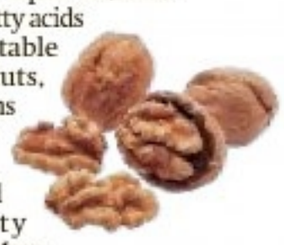
Calcium and vitamin D

Multiple studies have documented a lower intake of Vitamin D and calcium among vegans, the Mayo Clinic review showed, though the implications for bone mineral density are mixed. Biological processes may also protect vegans from deficiency, but these authors recommend dietary supplements.

Try calcium-fortified dairy alternatives like soy or almond milk, almonds, tahini, blackstrap molasses, collard greens, bok choy and okra.

Omega-3 fatty acids (EPA and DHA)

While most vegans get sufficient linoleic and alpha-linolenic essential fatty acids from vegetable oils and nuts, many vegans don't get enough EPA and DHA fatty acids, the Mayo Clinic report showed. Those essential fatty acids play a role in metabolism and cognitive functioning, though the authors argue there is no evidence lower intake has negative health consequences.



If you're concerned about intake, try chia, flax, walnuts, canola and tofu.

Protein

Vegan diets are known to include less protein and protein with incomplete amino acids, but there is no evidence to conclude vegans are deficient in those amino acids, the study said.

Still, vegans should vary the plant sources of their dietary protein.

Try: Soy products such as tofu and tempeh, quinoa, hemp seeds, chia seeds, legumes, beans, grains and nuts.

TORSTAR NEWS SERVICE

Every™ Day
Help improve heart health.
USE THE GET ENOUGH HELPER APP EVERY DAY AND WE'LL DONATE* ON YOUR BEHALF.
> getenough.ca/app
In support of
HEART & STROKE™ FOUNDATION
100% CANADIAN MILK
*DONATIONS UP TO A MAXIMUM OF $100,000.
The Heart and Stroke Foundation of Canada recognizes the important contribution of its sponsors, however, this is not an endorsement.
™ The Heart and Stroke Foundation logo is a trademark of the Heart and Stroke Foundation of Canada used under license.

We are with you every step of the way.
Choosing the right career and the right college are important decisions to make on your journey to success. At Robertson College, you will receive guidance and assistance every step of the way.
204.943.5661 | robertsoncollege.com
ROBERTSON COLLEGE
students first.

TORONTO STAR metro
Wonderlist.ca

Spring Fling

CONTEST

ENTER NOW
wonderlist.ca/springfling

FOR YOUR CHANCE TO WIN
1 OF 3 GREAT PRIZES!

- **Winnipeg Goldeyes:**
  4 x Prime Tickets to a Goldeyes baseball game ,
  1 Goldeyes Magazine, $20.00 Fish Fins G/C
  ARV: $100.00
- **Birchwood auto spa:**
  1 x Platinum auto spa package
  ARV: $200.00
- **Prepaid credit Card:**
  $100.00 prepaid credit card

THANK YOU TO OUR FANTASTIC PRIZE SUPPLIERS:

BIRCHWOOD auto spa

Goldeyes

No purchase necessary. Skill testing question required. Contest open to residents of the province of Manitoba 18 years of age or older. Three (3) prizes are available to be won. Odds of winning depend on the number of eligible entries received in the applicable entry period. Contest Period opens at 12:01 am ET on May 2, 2016 and closes at 11:59 pm ET on May 31, 2016. For instructions to enter and complete contest rules, visit **Wonderlist.ca/springfling**

Eatmysweetface serves up edible selfies

Artist-turned-baker Rebecca Levitan will paint anyone's portrait in cookie form — the Queen of England, Frida Kahlo, Prince or even you.

MICHELLE HENRY/TORSTAR NEWS SERVICE

We spend so much time scrutinizing its origins and nutritional content, it's almost as if we've forgotten that food can be fun.

And it should be, says Toronto-based artist-baker-entrepreneur Rebecca Levitan, 32. "You should be able to play with your food."

To Levitan, that means turning flour, sugar and butter into faces.

And not just any faces: real, honest-to-goodness look-alike faces of anyone and everyone, from the mug you see in the mirror to your neighbour down the street. But especially celebrities. Think Beyoncé, Aziz Ansari, Frida Kahlo, Queen Elizabeth, Prince.

Since she started Eatmysweetface.com — her online company — a few months ago, orders have been flooding in, including from art galleries in New York and Los Angeles, where she'll have shows later this year. She's been asked to make a lot of famous faces, but mainly, she says, people send in a picture to her online shop and request a cookie of their own likeness.

"It's surreal a little bit," she says. "It's a special unique moment — to have an edible version of you."

Good thing people feel that way — because that's how her business got its start.

During 2014's winter holiday season, Levitan, who has a master of fine arts from the San Francisco Art Institute, couldn't figure out what to give two of her siblings.

The constant baker — she was the kid who would force her parents to eat her weird creations, she says — thought it would be funny if they could "dunk their own faces in milk."

So she baked up their likenesses.

That's when Levitan became addicted to making these one-of-a-kind pieces of edible art. She started with the visages of friends and celebrities as a "crazy weird thing on the side with no plans for the future," she says.

To show off her work, she'd host "eat your face Fridays" at her Toronto apartment, where friends could come and do exactly that.

Around the same time, Levitan says she began working for a local baker's company, where she could experiment, bake and make faces, so to speak, on her days off.

People love ordering them as birthday gifts, she says. Though the cookies ($30 per cookie) are yummy (they're sugar cookies), many people refuse to eat them, she says, preferring to keep the edible art intact. One customer, Levitan says, has experimented with preserving the cookie in shellac.

Easy to see why. Levitan's cookie faces are uncanny and brilliant. And in my opinion, too good to eat.

Rebecca Levitan with her cookie doppelgänger of Prince. J.P. MOCZULSKI/TORSTAR NEWS SERVICE

metro DRIVE
Your essential daily news

Canadian expert worries about amorous activity behind wheel of self-driving cars

New Honda Accord tough to beat

REVIEW

Sedan gets tweaked, maintains alpha status

Mike Goetz
For Metro Canada

If you're considering getting into a new family car soon, you don't need to fret too much about which vehicle to get. It's a golden age for intermediate sedans, with lots of no-brainer choices.

These vehicles have all grown in size to be quite substantial and roomy, and all have the on-road performance, comfort, and technological wizardry that was heretofore only available in the luxury ranks.

Honda Accord is one of those can't-go-wrong choices, and for model-year 2016, received a fairly robust "mid-cycle" refresh. As per the nature of these mid-cycle updates, you can't change too much on the outside, save for restyling front fascias and rear bumpers and their respective lighting elements. In Accord's case, those changes were accomplished with more LED lighting and sharper creases. But Honda went the extra mile on the Accord sedan, by also laying on a new weight saving and sculpted aluminum hood, which furthers the "sharp crease" theme. The overall effect, to these eyes at least, is one sharp looking sedan.

Also new is the display and auto interface, now with a standard seven-inch screen, which lets you swipe, tap and pinch, as you would on a tablet or Smartphone.

The touchscreen is paired with an upper screen, to help out with all the display work that needs to be done. Honda's passenger mirror mounted LaneWatch and rear-view cameras feed into this upper display, for example, as well as the text messages, turn by turn directions, and parking sensing alerts.

The interface is not immediately intuitive, but when we expect so much information at our fingertips, something has to give.

While the driver's seat felt comfy off the bat, it was less so over long trips, which found me squirming and fiddling with the seat adjustments many times.

Also part of the refresh was some stiffening of the chassis and shock absorbers, and commensurate changes in the suspension settings. The last Accord was absolutely fine on the road, and this one is a touch finer. This new Accord delivers a comfortable ride and confident handling.

Our test vehicle was a Touring trim, with the 185-hp 2.4-litre I4 and CVT. If you don't think you like CVTs, the automatic on Accord V6 is a traditional six-speed. But can't think of why you wouldn't get along with the 2.4-litre/CVT powertrain: more than enough power; very refined and efficient (9.1 L/100 km, City, 6.8 Highway); and the CVT actually feels quite lively and responsive, and somewhat un-CVT like.

So there's not much to dislike about the 2016 Honda Accord Sedan. An absolutely solid citizen in the intermediate sedan segment.

THE CHECKLIST | 2016 HONDA ACCORD

THE BASICS

- **Type.** Four-door, five-passenger, FWD, intermediate sedan
- **Power.** 185-hp 2.4-litre I4, 278-hp 3.5-litre V6
- **Transmission.** Six-speed manual, CVT automatic (I4 models), Six-speed automatic (V6 models)
- **Price.** Base $24,350 (plus destination)

COOL FEATURES

- Seven-inch Display Audio touchscreen with Apple CarPlay and Android Auto.
- Standard LED daytime running lights and taillights, optional LED fog lights.
- Honda Sensing safety suite

ACCORD IMAGES MIKE GOETZ/FOR METRO; ALL OTHERS HANDOUT

POINTS

- Current and ninth-generation model introduced in 2013. Received major mid-cycle engineering and styling refresh for MY 2016.
- Since 1982, built at Honda's facility in Marysville, Ohio.
- One of few intermediate sedans still available with a manual transmission.

MARKET POSITION

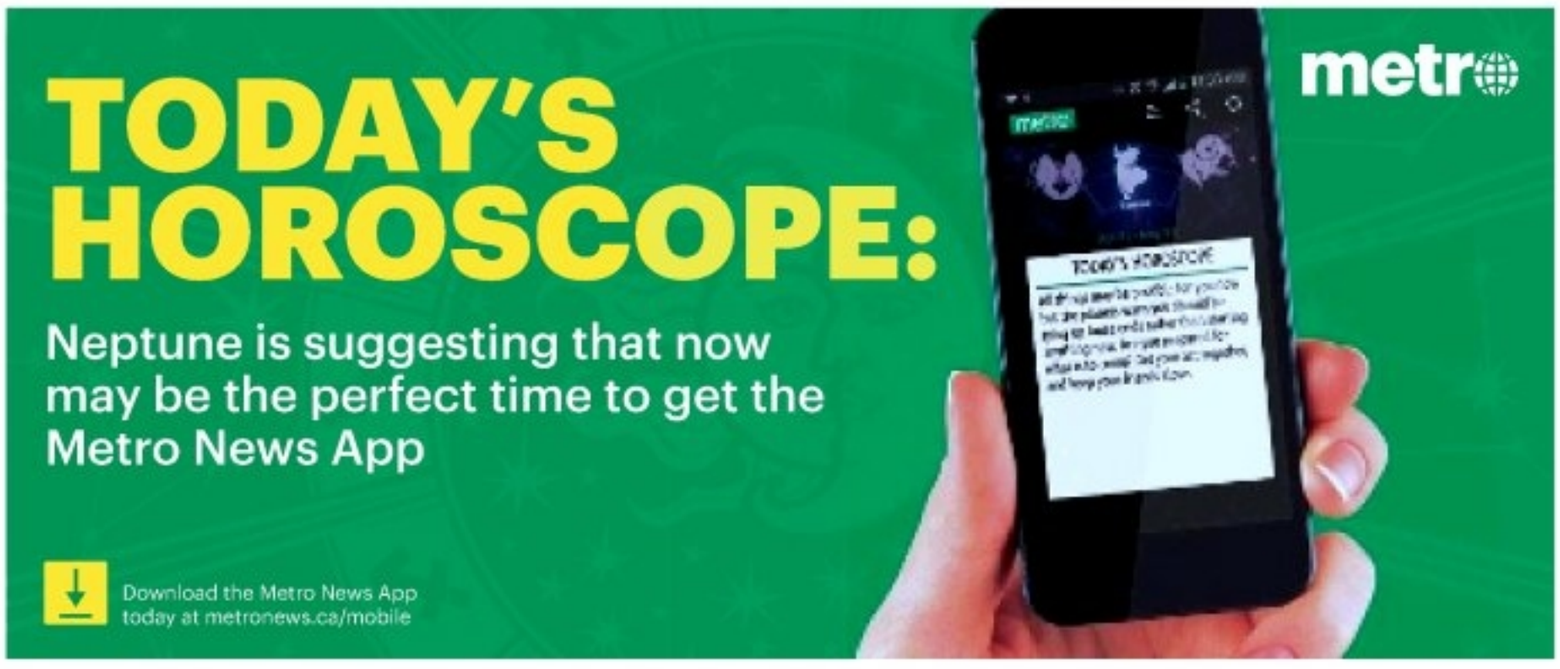
- Third best selling intermediate sedan in Canada in 2015, after Camry and Fusion.
- Not as sporty as Mazda6 and Fusion, but extremely competent all-rounder with high levels of refinement.
- Almost as big as one-size up models, like Impala and Maxima.

THE COMPETITION

Ford Fusion
Base price: $23,249

Toyota Camry
Base price: $24,655

Hyundai Sonata
Base price: $24,749


TODAY'S HOROSCOPE:
Neptune is suggesting that now may be the perfect time to get the Metro News App
Download the Metro News App today at metronews.ca/mobile
metro

General Motors tests hybrid pickups

IN BRIEF

Ford cuts off climate change denial group

Ford Motor Co. is among a growing number of U.S. corporations to distance itself from the climate change-denying "think-tank" the American Legislative Exchange Council (ALEC). The organization has worked behind the scenes for years to influence laws across the U.S., "often with a corporate-friendly intent," reports automotive news and information Web site Autoblog. ALEC is heavily funded by the billionaire Koch brothers, Charles and David, who have massive vested interests in coal and oil.

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

LIMITED RELEASE

Silverado tested as hybrid

General Motors will offer a few hundred 2016 Chevrolet Silverado and GMC Sierra pickup trucks with its latest eAssist hybrid drive system, seeking feedback with a view to making it a permanent option. The numbers are small, notes alternate-vehicle site Green Car Reports: just 500 Silverados and 200 Sierras this year against North American sales of 530,000 and 212,000 respectively. The "mild" hybrid system is adapted to the 5.3-litre V8 that's core to the pickup line, rather than the four-cylinder engines it was previously used with in vehicles such as the Chevrolet Malibu. The addition of eAssist will cost buyers just $500 south of the border, although there's no word on what it will cost in Canada. The system increases the weight of the truck by about 45 kilograms and adds a 13-horsepower electric motor that assists acceleration in some driving situations.

RASA

New approach to H-cars

Welsh company Riversimple Movement Ltd. has unveiled the Rasa, a road-legal engineering prototype of its first two-seater hydrogen-powered car. It was designed to run on hydrogen and has different architecture than conventional cars. Riversimple wants to bring the Rasa to the European market first, by 2018, through its "sale of service" business model — customers will never actually buy the car.

EMISSIONS

EPA says it won't target racing

New regulatory language that the U.S. Environmental Protection Agency could use to crack down on cars whose emissions systems have been modified for racing, won't be used for that purpose, the agency says. Modifying a normal passenger vehicle and its emission-control systems for racing is a violation of the Clean Air Act, but the agency says that's not an enforcement priority.

TEXT AND IMAGES BY WHEELBASE MEDIA

ROAD CLOSURE

ATTENTION
Motorists using Highway 59 and the North Perimeter

The intersection of Highway 59 and the North Perimeter will be closed for 48 hours beginning at 10 p.m. on Friday, May 13. Manitoba Infrastructure and Transportation is closing this intersection in order to demolish a portion of the overpass as part of the new interchange construction project.

The most efficient and safe demolition of this type of structure requires a total closure of the intersection. Work will be completed in time to accommodate morning rush hour traffic on Monday, May 16.

Advisory signs concerning the detour are now in place along the roadway in the vicinity of the intersection. Please remember to drive slowly and safely when you see construction signs and flaggers at the roadside.

For more information concerning this project, please call 511 (toll-free), or follow **www.twitter.com/MBGovRoads**. To view a map of the planned detours, please visit **manitoba.511.ca**.

Manitoba

metro SPORTS

Dwyane Wade says he's feeling "all kinds of emotions" after hearing that he was Prince's favourite basketball player

With his stellar post-season play, goaltender Matt Murray has been hearing Penguins fans chant his name. FRANK FRANKLIN II/THE ASSOCIATED PRESS

Murray taking over in a hurry

NHL PLAYOFFS

Rookie goalie doing well to block out distractions

Matt Murray isn't in the mood to think about what it all means, this ride that he's on. The NHL's best team on the other side of the ice. His mentor watching from bench. An arena chanting his name.

For the moment, there is only the next game, the next shot. That's all that concerns the Pittsburgh Penguins rookie goaltender. Not the ripple effects his playoff run will have on his career, the franchise he plays for or the long-term future of Marc-Andre Fleury, whose guidance is one of the reasons Murray has become so good, so fast.

"I want to win," Murray said. "On a personal level, I think it really doesn't matter. Everything else is noise to me."

And just like everything else thrown at Murray these days, he's blocking it out.

The 21-year-old with the thatchy beard and the waistline that looks like it could use a good meal or two is perhaps the biggest reason the Penguins take a 2-1 lead into Game 4 of their contentious Eastern Conference semifinal against Washington on Wednesday night.

Murray stopped 47 shots in a 3-2 victory in Game 3 on Monday, keeping his head — not to mention his well-padded arms and legs — during three periods of duress in which the Capitals appeared to put an invisible fence at the Pittsburgh blue line, hemming the Penguins in their end for 60 minutes of hockey that appeared one-sided everywhere but the scoreboard.

Matt Murray GETTY IMAGES

And Murray did it with Fleury at the ready in case his protege's seemingly imperturbable veneer started to show signs of weakness. Active for the first time since sustaining a concussion on March 31, the winningest goaltender in Penguins history skated onto the ice at Consol Energy Center for warmups with his teammates before Game 3 then traded his helmet for a baseball cap while getting an eyeful of Murray's spectacular performance.

"It's more stressful when you don't play than when you play," Fleury said. "You just sit there and keep on cheering the guys."

Fleury might want to get used to the view. Barring a meltdown, coach Mike Sullivan has no plans — at least in this round — from making any sort of switch.

"We feel as though right now we have two guys in Marc and Matt that we think are terrific goaltenders," Sullivan said Tuesday. "When we have healthy people at that position, that's a good thing for our team." THE ASSOCIATED PRESS

He's very talented. We knew that going in. It's not a surprise to us. He's looking like a franchise goaltender. Capitals coach Barry Trotz

BY THE NUMBERS

Age: 21
Height: 6-4
Weight: 178 pounds

PLAYOFF STATS
W-L: 5-1
GAA: 1.78
Sv%: .944

DISCIPLINE

Letang suspended for hit to the head

The Pittsburgh Penguins will be without their best defenceman for Game 4 of their second-round series against the Washington Capitals.

Kris Letang has been suspended for one game for his elbow to the head area of Capitals winger Marcus Johansson on Monday night.

Johansson didn't practice for Washington on Tuesday morning and his status for Game 4 is unclear. He returned to the game after the hit from Letang, evidently passing concussion tests in the Capitals dressing room.

The Penguins lead the best of seven series 2-1. THE CANADIAN PRESS

29

Letang is averaging more than 29 minutes in the playoffs, has seven points in eight games.

HOCKEY IN BRIEF

Canucks shut out Czechs in tuneup for worlds

Edmonton Oilers star Connor McDavid scored while teammate Cam Talbot combined with Winnipeg Jets goaltender Calvin Pickard for 19 saves as Canada beat the Czech Republic 3-0 in a world championship exhibition game Tuesday.

Buffalo's Ryan O'Reilly and Colorado's Matt Duchene also scored for Canada, the defending world champions. THE CANADIAN PRESS

IIHF boss worried NHLers will skip 2018 Olympics

The head of ice hockey's international body says there is a strong possibility that NHL players won't be competing at the next Winter Olympics.

International Ice Hockey Federation president Rene Fasel puts the chances at 60 per cent that the NHL will decline to go to the 2018 Games in Pyeongchang, South Korea, because of a lack of money to cover player insurance. THE ASSOCIATED PRESS

CALGARY

Flames fire 2014-15 coach of the year

The Calgary Flames fired Bob Hartley on Tuesday, less than a year after he was voted the NHL's coach of the year.

Calgary regressed by 20 points in 2015-16 after reaching the second round of playoffs the previous season, finishing with a 35-40-7 record. Only Vancouver and Edmonton posted fewer wins in the Western Conference.

"Bob has taken this team as far as I feel he can take it," Flames general manager Brad Treliving said. THE CANADIAN PRESS

Bob Hartley THE ASSOCIATED PRESS

Als believe in building Bridge

CFL

Veteran pivot Glenn thinks Ontarian can eventually start

The Alouettes are hoping Brandon Bridge can become the rare Canadian to start at QB in the CFL. GRAHAM HUGHES/THE CANADIAN PRESS

Kevin Glenn isn't ready to surrender the reins just yet, but he can see Brandon Bridge as the heir apparent with the Montreal Alouettes.

Glenn, 36, enters training camp as Montreal's starter, leaving Bridge and three others to battle for backup duties. Usually that would be no big deal but Bridge, 24, of Mississauga, Ont., is trying to buck a CFL trend and become a Canadian starting quarterback.

The six-foot-four, 229-pound Bridge started Montreal's regular-season finale last year. He completed 21-of-30 passes for 220 yards and two TDs in a 30-24 overtime loss to Saskatchewan, becoming the first Canadian to start a CFL game since B.C.'s Giulio Caravatta in 1996.

Glenn feels Bridge has all the resources needed in Montreal to learn and develop into a starter with the Als, who selected Bridge in the fourth round of last year's CFL draft.

"When you have guys like Anthony (offensive co-ordinator Anthony Calvillo), myself and Jacques (receiver coach Jacques Chapdelaine), there's a lot knowledge and information you can get to be successful and have these long careers," Glenn said last month in Toronto at a CFL promotional shoot. "When you have that (experience) around you, you have to take advantage of it."

Montreal acquired Glenn late last season from Saskatchewan. He made three starts before Bridge got the nod against the Riders.

When Montreal drafted Bridge, head coach/GM Jim Popp said the plan was to bring him along slowly and allow him to gradually learn the pro game. Popp was adamant he selected Bridge, who was invited to the 2015 NFL combine, to play quarterback and not another position.

> **He could own Canada . . . it would be awesome.**
> Kevin Glenn on Brandon Bridge

Canadian quarterbacks haven't traditionally received much chance to play in the CFL as head coaches, under pressure to win immediately, look to Americans. Not only have they played the position longer than their Canadian counterparts but also against stiffer competition.

Still, one of the best CFL quarterbacks ever was Canadian. Hamilton native Russ Jackson led the Ottawa Rough Riders to three Grey Cup wins over his illustrious career (1958-69).

THE CANADIAN PRESS

The Jaguars lost Dante Fowler to a knee injury at last season's rookie minicamp. JOE ROBBINS/GETTY IMAGES

NFL

Jaguars, Dolphins rookies hitting books

The Jacksonville Jaguars and Miami Dolphins won't need helmets for rookie minicamps.

No 11-on-11 drills. No 7-on-7 work.

The Dolphins don't even plan to step foot on the practice field.

The Sunshine State teams could be starting an NFL trend this week by making significant changes to the way they handle initial training sessions for draft picks and undrafted rookies.

The Jaguars are holding a "rookie orientation," in which there will be a lot of meetings and a little time on the field for individual drills.

It's essentially a two-day session to ensure newcomers won't be lost when organized team activities begin later this month.

Miami's rookies will do even less physical work.

New coach Adam Gase will have his guys spend the entire minicamp in a classroom setting learning how to be Miami Dolphins.

They will focus on the playbook, schemes and assignments. Gase also wants the rookies to get lessons in financial planning, nutrition, sports science and media relations.

It could end up being a groundbreaking move.

The Jaguars, meanwhile, have been contemplating their revamped camp since losing first-round pick Dante Fowler to a knee injury last year.

THE ASSOCIATED PRESS

Pizza Hotline
is hiring for the following positions:

Store Manager, Winnipeg
(Permanent, Full-Time, Evening, Weekend)

Salary: $20.00/hour for 40 hours per week
Responsibilities:
- Plan, monitor, and maximize budgets, inventory, and sales.
  Administer store and ensure compliance with policies and procedures.
- Hire and train staff.
- Ensure high level of customer satisfaction.

Education: Bachelor's degree preferred.
Credentials: Safe Food Handling

Contact: victorzh33@hotmail.com

IN BRIEF

Brady gets a few weeks to appeal "Deflategate" ruling
Tom Brady's lawyers will get another two weeks to appeal his "Deflategate" suspension.

The 2nd U.S. Circuit Court of Appeals in Manhattan said Brady could have until May 23 to decide whether to ask for a rehearing in front of the same three-judge panel or a new hearing — called "en banc" — in front of the entire circuit.

The court ruled 2-1 on April 25 ruled that Commissioner Roger Goodell was within his rights to suspend Brady for four games for his role in using improperly inflated footballs in the 2015 AFC championship game.

THE ASSOCIATED PRESS

Atletico Madrid through to European final on away goal
A goal from Antoine Griezmann sent Atletico Madrid to the Champions League final for the second time in three seasons despite a 2-1 defeat at Bayern Munich on Tuesday.

Atletico, which lost to city rival Real Madrid in the 2014 final, progressed on the away goals rule with an aggregate score of 2-2 after winning the first leg of their semifinal in Madrid 1-0.

THE ASSOCIATED PRESS

Cristiano Ronaldo GETTY IMAGES

Ronaldo back for semifinal
Real Madrid will be boosted by Cristiano Ronaldo's return and the likely absence of two key Manchester City players when it tries to reach yet another Champions League final on Wednesday.

Ronaldo returns after missing three straight games because of a leg injury, including the 0-0 first-leg draw in Manchester last week.

The Portugal forward leads the Champions League with 16 goals. THE ASSOCIATED PRESS

Milos into 3rd round in Spain
Canada's Milos Raonic advanced to the third round of the Madrid Masters with a 6-4, 6-7 (3), 6-2 win over Ukraine's Alexandr Dolgopolov.

Milos Raonic GETTY IMAGES

Raonic, the 11th seed from Thornhill, Ont., fired 17 aces past Dolgopolov.

Raonic broke Dolgopolov three times in six chances while denying the Ukrainian on all four of his break points.

Raonic will next face either seventh seed Jo-Wilfried Tsonga of France or Albert Ramos-Vinolas of Spain.

THE ASSOCIATED PRESS

RECIPE Orecchiette with Turkey and Broccoli

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A light, healthy and simple mid-week meal you can make in less than 30 minutes.

Ready in
Prep time: 10 minutes
Cook time: 15 minutes

Ingredients
- 1 lb (450 g) orecchiette
- 4 cups of broccoli florets, cut them quite small
- 3 Tbsp olive oil
- 4 cloves garlic, minced
- 1 onion, chopped
- 1 tsp fennel seeds or fresh thyme
- 1/2 tsp crushed dried chilis (optional)
- 1 lb ground turkey
- 1 cup chicken stock
- 1/2 cup grated Parmesan cheese

Directions

1. Put a big pot of salted water on to boil and cook the pasta according to package instructions.

2. Warm your olive oil in a large skillet over medium heat. Add the garlic, onion, fennel seeds or thyme and chilis and cook for about three minutes. Add the turkey and cook for another five minutes, until the meat is browned and almost cooked through.

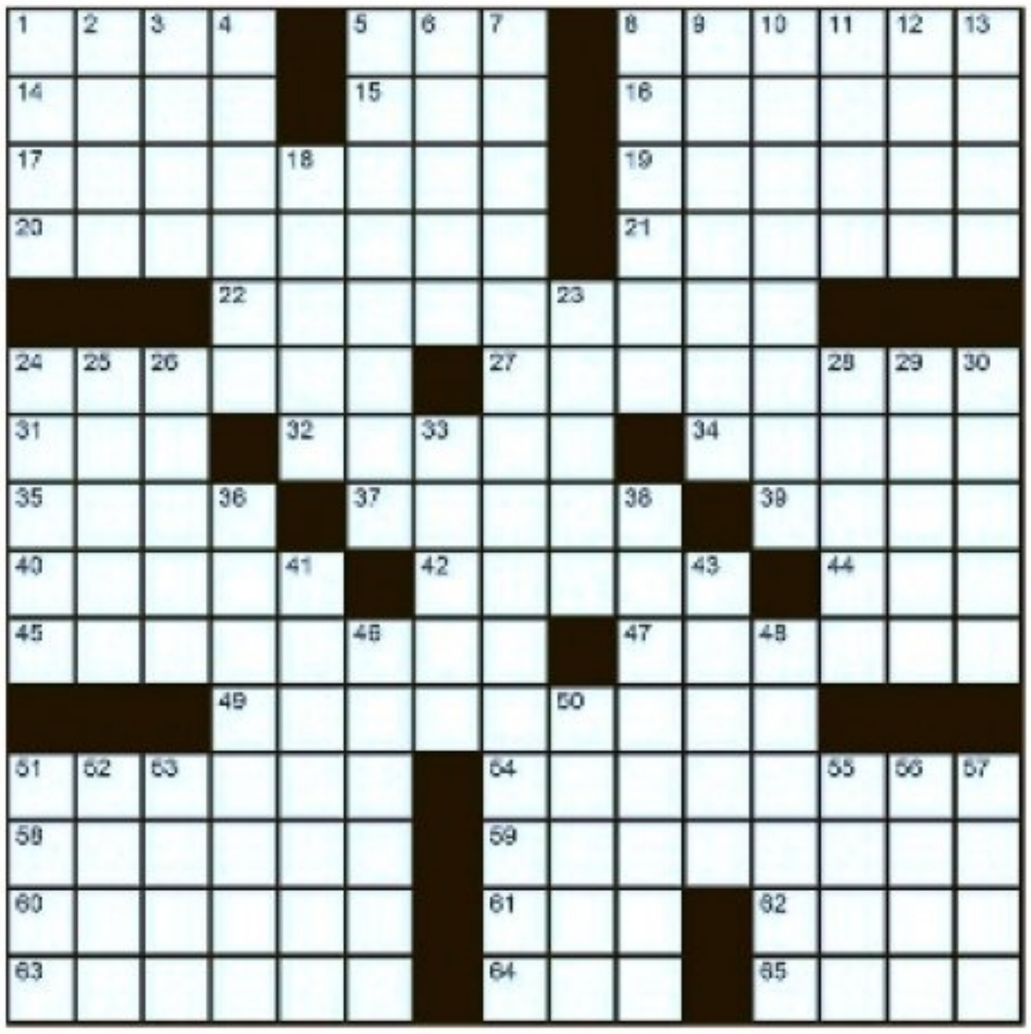
3. Carefully add your broccoli to the cooking pasta two minutes before the pasta will be done. Drain the pasta and broccoli and then add them to the skillet.

4. Toss everything together well. Add the stock and toss more. Taste and check seasoning. Serve in a big bowl with a healthy sprinkle of Parmesan on top.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. _ Tavern (Hang-out on FOX cartoon "The Simpsons")
5. Tiny total
8. Jostles someone in the queue
14. _ and for all (Finally)
15. Old French coin
16. From Eternity connecter (1953 film): 2 wds.
17. So sooo tense... Moving day or job change, for example
19. Angle measurement unit
20. Toronto's locale, _ Ontario
21. Wickedly
22. New show on HGTV Canada featuring all the big stars from the network: 3 wds.
24. Brilliant
27. Hit for Canadian singer Kiesza
31. Three
32. Ms. DeGeneres
34. Apple pie serving
35. Slangy one-eighty turns
37. Inners in eggs
39. Greek portico
40. Johann Sebastian's classical surnamesakes
42. Central meanings
44. Many mins.
45. Farley, for one, in Canadian comic strip For Better or For Worse
47. Take back a statement
49. Ranger's nature danger worry: 2 wds.
51. Corral: 2 wds.
54. Insensitive
58. Holding: 2 wds.
59. Observes the meeting: 3 wds.
60. Mr. Clooney
61. City in Florida, for short
62. Three squared
63. "_ Pointe Blank" (1997) starring John Cusack
64. Napoleonic Wars marshal
65. Border

DOWN
1. _ Park (Toronto neighbourhood)
2. "Hang _ _ Your Life" by The Guess Who
3. Beige
4. Boil under the collar
5. Some _ Required (Furniture-in-a-box notice)
6. Actress Demi
7. Hit for Canadian band Big Sugar: 4 wds.
8. Astute
9. Villains in movies
10. Spots in number sequences
11. Bridal accessory
12. And others, for short: 2 wds.
13. TV brand
18. Beach
23. Moos, cluck-clucks, baas ...and what other farm sounds?
24. Ticket remnants
25. "Easy Livin'" by _ Heep
26. Fragment
28. "Die Hard: _ _ Vengeance" (1995)
29. Squirrel's snack
30. Brewer's _
33. Brand/business symbols
36. Mothers to forest cubs, say: 2 wds.
38. Stringently
41. Leaps
43. Works by Spain's famous single-named muralist
46. "Crocodile _" (1986)
48. Canadian singer Ms. Dion
50. Laissez-_
51. Diana of "The Avengers"
52. Singleton
53. "Bah!"
55. Barenaked Ladies tune
56. Tune
57. Snick-or-_

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This afternoon is an excellent time for business and commerce. Trust your moneymaking ideas. Business-related travel is likely. Enjoy!

Taurus April 21 - May 21
Today gets better as it wears on. By this afternoon, you feel upbeat and keen to socialize. Because you are so positive, people will enjoy your company.

Gemini May 22 - June 21
Today you have an overall sense of well-being. In turn, this might prompt you to do a good deed for someone or practice a kindness.

Cancer June 22 - July 23
This is a wonderful, popular day! Group activities will be successful this afternoon and this evening. A friend might help you with domestic or family activity.

Leo July 24 - Aug. 23
It's easy to make a great impression on bosses, parents and VIPs today, especially in the afternoon. (Because others are so impressed with you, use this time to ask for what you want.)

Virgo Aug. 24 - Sept. 23
After midday, it's a great time to make travel plans for the future. It's also a profitable time to explore publishing, the media, medicine and the law. Just do it!

Libra Sept. 24 - Oct. 23
This is a curious day. Do nothing this morning; however, the afternoon is an excellent time to settle disputes about shared property. It's also a good time to discuss inheritances or get a loan or a mortgage.

Scorpio Oct. 24 - Nov. 22
Relations with others are warm and friendly today! Enjoy schmoozing with partners and close friends, especially later in the day.

Sagittarius Nov. 23 - Dec. 21
Things will go well at work today. Relations with co-workers are positive, in addition to which, you will enjoy work-related travel later in the day.

Capricorn Dec. 22 - Jan. 20
New love might occur for some of you today. All of you will have a fun-loving day, especially in the afternoon and evening. Enjoy sports events, playful times with children and the arts.

Aquarius Jan. 21 - Feb. 19
This is an excellent day for real-estate deals if you wait until after the noon hour. Anytime in the afternoon and evening are profitable times for family gatherings.

Pisces
Feb. 20 - March 20
This is a happy day for you simply because you're in a positive frame of mind. Well, everything starts with a thought, doesn't it?

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

2					6	1		
1				9	2		8	
		7						4
	2	9	8					
	7			5			2	
					7	3	5	
4						9		
	8		4	1				7
		3	6					5

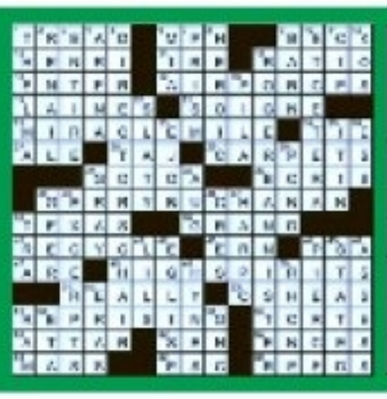
©2016 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

metro
Tell us how you really feel.
Join our online reader panel and help make your Metro even better. metronews.ca/panel

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



1	6	9	4	3	5	7	2	8
2	8	4	9	6	7	1	3	5
7	5	3	8	1	2	6	4	9
9	2	6	1	4	3	5	8	7
3	1	7	2	5	8	9	6	4
8	4	5	7	9	6	2	1	3
6	7	1	5	8	4	3	9	2
4	9	2	3	7	1	8	5	6
5	3	8	6	2	9	4	7	1

IT'S EASY TO GET INTO
AWARD-WINNING VALUE.

- 2.0L Engine
- 160 Horsepower
- Automatic Transmission
- SYNC® Enhanced Voice Recognition
- Rear View Camera
- 16" Aluminum Wheels
- Air Conditioning

CONSUMERS DIGEST BEST BUY

LEASE THE **2016**
FOCUS SE SEDAN OR HATCH

$98	0.79%	60	$1,645
EVERY 2 WEEKS	APR	MONTHS	DOWN

OR CASH PURCHASE FOR
$21,831**

OFFERS INCLUDES $1,600 FREIGHT AND AIR TAX.

*IT'S **EASY** TO GET INTO A **FORD***

Shop now at **findyourford.ca** or drop by your **Prairie Ford Store**.

Ford

Go Further

SiriusXM
Available in most new Ford vehicles with 6-month pre-paid subscription.

Oh hey, you're looking for the legal, right? Take a look, here it is: Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible raincheckable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). */** Until May 31, 2016, purchase a new 2016 Focus SE Automatic Transmission for $21,831 (includes freight and air tax of $1,700). Or lease a new 2016 Focus SE Automatic Transmission for up to 60 months and get 0.79% APR on approved credit (OAC) from Ford Credit Canada Limited. Not all buyers will qualify for the lowest APR payment. Lease a 2016 Focus SE Automatic Transmission with a value of $19,386 (after $1,645 down payment or equivalent trade in and $800 RCL Cash deducted and including freight and air tax charges of $1,700) at 0.79% APR for up to 60 months with an optional buyout of $7,216, monthly payment is $212 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $97.64), total lease obligation is $14,365, interest cost of leasing is $523 or 0.79% APR. For purchase or lease, additional payments required for PPSA, registration, security deposit, NSF fees (where applicable), excess wear and tear, and late fees. Offers excludes options, Green Levy (if applicable), license, fuel fill charge, insurance, dealer PDI, PPSA (if financed or leased), administration fees, and any other applicable environmental charges/fees and taxes. For lease, some conditions and mileage restriction of 80,000km for 60 months applies. Excess kilometrage charges are 12¢ per km, plus applicable taxes. Excess kilometrage charges subject to change, see your local dealer for details. All prices are based on Manufacturer's Suggested Retail Price. The Best Buy Seal and other licensed materials are registered certification marks and trademarks of Consumers Digest Communications, LLC, used under license. For award information, visit ConsumersDigest.com. ©2016 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of Sirius XM Radio Inc. and are used under licence. ©2016 Ford Motor Company of Canada, Limited. All rights reserved.